

## Smoking

If you have diabetes you already have an increased risk of arteriosclerosis or hardening of the arteries. This can lead to circulatory problems:

- angina
- heart attacks
- strokes

Did you know people who smoke and have diabetes are three times more likely to die of cardiovascular disease than non-smokers with diabetes?

In addition, the combination of diabetes and smoking increases the risks of poor circulation, erectile penis dysfunction, nerve damage and eye-sight deterioration.

If you smoke you are undoing all the good you are doing by working to control your diabetes through regular monitoring, medication, a balanced diet and exercise. Smokers with diabetes may also have to take 15-20% more insulin than non-smokers.

Ask your doctor or healthcare professional for advice and assistance to give up smoking.

Alternatively, call the UK national Quitline on 0800 002 200.

**It is very important that you do not smoke**



## Drinking

Drinking in moderation is not harmful so long as you keep in mind the following points:

**1. Keep to the safe alcohol limits** – Alcohol impairs the body's ability to correct hypoglycaemia so it is a good idea to keep well below these limits.

- Men = maximum of 3 units / day
- Women = maximum of 2 units / day

**2. Never drink on an empty stomach** – Alcohol lowers your blood glucose levels and increases the risk of hypos – have a bedtime snack.

**3. Do not substitute alcoholic drinks for meals**  
You will in fact need extra carbohydrate when you drink.

**4. Avoid beers with high alcohol content** (over 5%).

**5. Choose low calorie or slimline mixers** if drinking shorts.

**6. Carry some form of identification for diabetes** – you don't want people mistaking a hypo for being drunk!

**7. Do not have more than two or three drinks in a session.**

**8. Remember not to drink and drive.**

It is not necessary to choose special diabetic beers. These are often higher in alcohol and better avoided.

## One Unit Equals



*Half a pint of ordinary strength beer, cider or lager.*



*One 125ml glass of wine.*



*One pub measure (25ml) of spirit such as whisky, gin or vodka (the one you pour at home is likely to be 3 times larger).*



*A single pub measure (50ml) of sherry or liqueur.*



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## If you are overweight

- Alcohol is high in calories. If you are overweight you should limit yourself to a maximum of one alcoholic drink a day.
- Keep a healthy balanced diet – one which is low in sugar, fat and salt whilst high in fibre.
- Exercise regularly to assist weight control.



**Ask your healthcare professional if you need any further advice**

## Leaflets available from Hypoguard

- 1 What is non insulin dependent diabetes
- 2 What is insulin dependent diabetes
- 3 Long-term complications of diabetes
- 4 Hypos, hypers and all that
- 5 Monitoring diabetes
- 6 Diabetes and exercise
- 7 Work and driving with diabetes
- 8 Smoking and alcohol with diabetes
- 9 On holiday with diabetes
- 10 Men and Women with diabetes
- 11 Diabetes and your child

Please call our **Hypoguard Freephone Information Line: 0800 371 957** for further copies of this leaflet or other leaflets in the series.

## Diabetes management made simple

Hypoguard have a range of blood glucose monitoring systems specifically designed to help people with diabetes manage their glucose levels in their homes. If you would like any information about them, please call the Hypoguard Freephone Information Line: **0800 371 957** 8am and 6pm, Monday to Friday or visit our web site at [www.hypoguard.com](http://www.hypoguard.com)

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# Smoking and alcohol with diabetes

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