



Diabetes and Illicit Drug Use

It's well known that illicit drugs can damage our health and even cause **DEATH**. Using mind-altering drugs is not a good idea for anybody. It's especially risky for those with diabetes.

Why? Drugs change the way you think and act. It's hard enough to remember all the stuff you have to do to take care of diabetes. Many of these things *will not be done* when you're using drugs since you will not have the same control over your body and mind. When using drugs, you will not think about the things you need to do to be safe. Since taking drugs **IS even more dangerous** for those with diabetes, it would be a disservice to ignore the topic. We are not in any way encouraging this risky behavior.



If you choose to use mind-altering drugs, try to be as safe as possible

- *Wear medical ID
- *Choose a safe place to experiment
- *Know about the drug and potential consequences to your health
- *Don't experiment by yourself
- *Have people around who knows you have diabetes
- *Understand there is no safe way to use drugs



**In no way do we encourage you to experiment with illegal drugs!
But if you decide to try something be sure you know the risks!**

How do drugs affect my diabetes?

Type of Drug	How They Affect Diabetes	What You Can Do To Be Safer
<p>Uppers Ecstasy/E Ice/CrystalMeth Cocaine/Coke Speed</p>	<ul style="list-style-type: none"> *Missed shots from altered perception or sleeping a lot (days) while “coming down” *Risk of Diabetic Ketoacidosis (DKA) from missed shots *Risk of severe low due to decreased appetite and increased metabolism *Not able to recognize lows 	<ul style="list-style-type: none"> *Always take your insulin *Don’t mix uppers with other drugs or alcohol *Have a meal first *Always have fast acting carbs (juice or tabs), but you may not know you’re low *While tripping/tweaking, have carb containing fluids *Check sugar before bed
<p>Hallucinogens Marijuana/Pot/ Weed Mushrooms LSD/Acid Solvents/Glue/ Paint</p>	<ul style="list-style-type: none"> *High blood sugar from eating more than usual *Missed shots from altered perception *Risk of Diabetic Ketoacidosis (DKA) from missed shots *Tiredness can disrupt diabetes routine 	<ul style="list-style-type: none"> *Always have fast acting carbs *But realize you may not realize you’re low *Try not to have too much extra food if you get the munchies *Hallucinogens affect blood sugar differently; check often
<p>Opiates Heroin Morphine Codeine Smack</p>	<ul style="list-style-type: none"> *Altered coordination and concentration makes it hard to know when high and low *Missed shots from altered perception *Risk of Diabetic Ketoacidosis (DKA) from missed shots *Altered eating habits make blood sugar erratic 	<ul style="list-style-type: none"> *Always take your insulin *Always have fast acting carbs, but you may not know you’re low *Eat regularly, even if you don’t feel like it *Have people around who know you have diabetes

Free & Confidential Addiction Helpline:
1-866-535-9821