Positive and Negative Effects of Alcohol Intake on Diabetes

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Editorial

Drinking too much alcohol is one of the major causes of clinical illnesses; liver disease, pancreatic disease and mental disorders. It is also bound to cause difficult problems in the management of diabetes, especially in nutritional therapy.

However, in the 2018 ADA recommendations, moderate alcohol intake is described as having no major detrimental effects on long-term blood glucose control in people with diabetes [1]. The risks associated with alcohol consumption include hypoglycemia (particularly for those using insulin or insulin secretagogue therapies), weight gain, and hyperglycemia (for those consuming excessive amounts). Patients with diabetes can follow the same guidelines as those without diabetes if they choose to drink; the recommendation is no more than one drink a day for women, and no more than two for men (one drink is equal to a 12-oz beer, 5-oz glass of wine or 1.5-oz distilled spirits). Lifestyle therapy is defined as reducing excess body weight through caloric restriction, restricting sodium intake, increasing consumption of fruits and vegetables, increasing activity levels, and avoiding excessive alcohol consumption. Hypertriglyceridemia should be treated with dietary and lifestyle

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