



MEDICINE BUZZ

IS THAT COCKTAIL A TRICK OR A TREAT?



MEDICINE BUZZ: ALCOHOL AND DIABETES

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FACTS ABOUT ALCOHOL:

Alcohol is part of life in New Orleans. Some of us should never drink. If you have a problem with alcohol or have been told by your doctor not to drink then no amount of alcohol is really safe. For most people with diabetes some alcohol is okay. Generally speaking 1 to 2 drinks per day, depending on your sex, body mass index and blood sugar control.



- ### WHAT IS ONE DRINK?
- 14oz Light Beer
 - 12oz Regular Beer
 - 12oz Hard Cider
 - 12oz Irish Coffee
 - 10oz Double Bock Beer
 - 8oz Eggnog
 - 5oz Wine (red or white)
 - 5oz Mulled Wine
 - 4oz Champagne or Sparkling Wine
 - 2.5oz Sake
 - 2.5oz Sherry or Port
 - 1.5oz Spirits or Liquor
 - 1 Jell-O® Shot

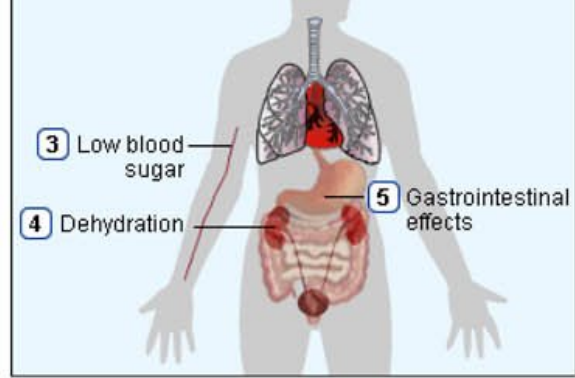
THE EFFECTS:

Heavy alcohol use has negative effects on blood sugar and may interact with drugs you need to take. Some ways that alcohol can affect your health include:

- Excess alcohol can cause low blood sugar.
- Beer and wine contain carbohydrates (sugars) and add to your calorie intake.
- Daiquiris, fruity cocktails and other frozen drinks can have as much sugar as a candy bar.



- Can have as much sugar as a candy bar.
- Alcohol can stimulate your appetite, causing you to overeat.
- Alcohol may increase your blood pressure over time.
- Alcohol may increase your triglycerides after just one drink.
- Binge drinking may cover up your body's alarms for low blood sugar leaving you at risk for dangerously low blood sugar reactions. (This is known to happen with Absinthe, but is possible with any type of alcohol when bingeing.)



CALORIES & SUGARS IN ALCOHOL

| Selected Wines and Beer | Calories | Sugars (grams) |
|------------------------------|---------------|----------------|
| White Wines | 100 per 5 oz | 2 per 5 oz |
| Red Wines | 100 per 5 oz | 4 per 5 oz |
| Abita Light Beer | 118 per 12 oz | 2 per 12 oz |
| Abita Amber | 128 per 12 oz | 2 per 12 oz |
| Busch Light | 95 per 12 oz | 3 per 12 oz |
| Miller Lite | 96 per 12 oz | 3 per 12 oz |
| Coors Light | 102 per 12 oz | 5 per 12 oz |
| Corona Light | 109 per 12 oz | 5 per 12 oz |
| Bud Ice Light | 110 per 12 oz | 7 per 12 oz |
| Bud Light | 95 per 12 oz | 7 per 12 oz |
| Michelob Light | 113 per 12 oz | 7 per 12 oz |
| Miller Genuine Draft Lite | 110 per 12 oz | 7 per 12 oz |
| Bud Ice | 148 per 12 oz | 9 per 12 oz |
| Sam Adams Light | 124 per 12 oz | 10 per 12 oz |
| Guinness Draught | 125 per 12 oz | 10 per 12 oz |
| Busch | 133 per 12 oz | 10 per 12 oz |
| Budweiser | 143 per 12 oz | 11 per 12 oz |
| Coors Extra Gold | 147 per 12 oz | 11 per 12 oz |
| Abita Satsuma Wit Beek | 115 per 12 oz | 11 per 12 oz |
| Abita Strawberry Harvest | 128 per 12 oz | 11 per 12 oz |
| Abita Purple Haze | 145 per 12 oz | 11 per 12 oz |
| Miller High Life | 156 per 12 oz | 11 per 12 oz |
| Coors Original | 148 per 12 oz | 11 per 12 oz |
| Michelob Hefeweizen | 152 per 12 oz | 12 per 12 oz |
| Sam Adams Pale Ale | 145 per 12 oz | 12 per 12 oz |
| Busch Ice | 173 per 12 oz | 13 per 12 oz |
| Sam Adams IPA | 190 per 12 oz | 13 per 12 oz |
| Abita Jackamo IPA | 190 per 12 oz | 13 per 12 oz |
| Miller Genuine Draft | 143 per 12 oz | 13 per 12 oz |
| Michelob | 155 per 12 oz | 13 per 12 oz |
| Guinness Foreign Extra Stout | 176 per 12 oz | 14 per 12 oz |
| Michelob Amber Bock | 166 per 12 oz | 15 per 12 oz |
| Abita Restoration Pale Ale | 167 per 12 oz | 15 per 12 oz |
| Abita Turbodog Ale | 168 per 12 oz | 15 per 12 oz |
| Michelob Black & Tan | 168 per 12 oz | 16 per 12 oz |
| Abita Mardi Gras Bock | 187 per 12 oz | 16 per 12 oz |
| Michelob Honey Lager | 175 per 12 oz | 17 per 12 oz |
| Sam Adams Boston Ale | 160 per 12 oz | 18 per 12 oz |
| Sam Adams Boston Lager | 175 per 12 oz | 18 per 12 oz |
| Sam Adams Cream Stout | 195 per 12 oz | 24 per 12 oz |

* 15 grams of Carbohydrate = 1 slice of bread

Bumgardner D. How many calories in BEER? Beer Calories, Beer Alcohol, Beer Carb Content. Domestic Beers from Large Breweries. <http://www.beer100.com/beer-calories.htm> (September 2012).

ALCOHOL WITH DRUGS

- Metformin + Steroids + Alcohol = A rare (9 cases reported per 100,000 patient years) but serious, possibly life threatening reaction particularly if the



person already has poor kidney function.

- Glyburide, Glipizide, Glimepiride or Insulin + Alcohol = More and usually worse low blood sugar reactions.
- Acetaminophen (Tylenol) + Alcohol = Increased risk for liver toxicity.
- Benzodiazepines, like Xanax, Valium and Librium = Increased sedation, increased risk of car accidents, increased risk of falling down and breaking bones, and poor decision making.
- Anti-depressants, + Alcohol = Increased sedation, increased risk of car accidents, increased risk of falling down and breaking bones, worsening depression.
- Anti-Seizure Medicines + Alcohol = Increased sedation, increased risk of car accidents, increased risk of falling down and breaking bones, and more seizures.
- Bupropion (Wellbutrin® or Zyban®) + Alcohol = Higher risk of seizure and lowers your tolerance to alcohol.
- Metronidazole (Flagyl®) + Alcohol = Very serious reaction including nausea, vomiting, headaches, abdominal cramps and possibly sudden death.
- Verapamil + Alcohol = Lowers your tolerance to alcohol.
- Nitroglycerin + alcohol = Low blood pressure to the point of danger.
- Warfarin + Alcohol = Unpredictable variations in the dose you need leading to higher risks of both bleeding or blood clots.

There are many more drugs that don't mix well with alcohol, please ask the staff at the Clinic or your pharmacists before mixing alcohol with drugs you need to take.



SIGNS OF LOW BLOOD SUGAR

- Sudden Tiredness
- Rapid Heart Beat
- Intense Hunger
- Cold Sweats
- Anxiety, Shakiness
- Tingling Sensations
- Irritability, Angry Outbursts
- Confusion or Behaviors That Mimic Drunkenness
- Loss of consciousness
- Seizures

TREATMENT OF LOW BLOOD SUGAR

Ingest about 15-20g of carbohydrates

- 4 oz of juice or full sugar soda
- 8 oz skim milk
- 3-6 glucose tablets

Check for improvement in 15-20 minutes and repeat if no relief then seek medical assistance.





New Orleans Musicians' Clinic

Hours: Monday - Thursday : 10 AM - 4 PM

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