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Chronic Illness Education 2023: Nontraditional Factors That Affect Blood Glucose: Things Diabetic Should Know

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Nontraditional Factors That Affect Blood Glucose: Things Diabetic Should Know

Duncan D., Vlachos K., O'Hollaren K., Cameron R., Oska N., Alata H.

Learning Community: Blue 5

Age Group: Adults (22 - 64)

Curriculum Tir-In: Endocrine

M3 Mentor: Trey Vanaken



Nontraditional Factors That Affect Blood Glucose

Having trouble managing your Diabetes?

Consider these factors when monitoring your blood glucose...



Diabetes Management



Duncan D, Alata H, O'Hollaren K, Vlachos K, Cameron R, Oska N, Vanaken T

Wayne State University SOM

Factors That Lower Blood Glucose

- *Alcohol*
- *Hot and Humid Weather*
- *Menstruation*
- *Puberty*
- *Prolonged Periods at High Altitudes*



Factors That Raise Blood Glucose

- *Sunburns*
- *Caffeine*
- *Dehydration*
- *Lack of Sleep*
- *Artificial Sweeteners*
- *Gingivitis*
- *Cold Weather*
- *Nicotine*
- *Viral Infections*
- *Stress*
- *Decongestants*



Summary

- This project has allowed us to gain a deeper appreciation for the everyday impact that having a chronic disease has on a patient such as one with diabetes. By diving deeper into the nontraditional factors that affect a patient's blood glucose, we hope to alleviate some of the spontaneous changes that can arise without knowledge on these lesser known causes. Potentially, this infographic can serve as a convenient tool for patients and physicians to utilize so that there is better cohesion between their interaction while focusing on larger problems rather than educating on less common factors.
- A big focus of ours was on patients that come from a place of lower socioeconomic status, whose one on one clinic time with their care-provider is often severely (and unfairly) limited. For such patients, we hope that our infographic can also serve as a resource to help establish and expedite an effective line of communication with their provider. This way, they can be better equipped to manage their health.

