

Steroids and Blood Sugar

What are steroids?

Steroids are medications that doctors prescribe to reduce inflammation (swelling and redness). They are used to treat conditions like asthma, arthritis, and allergies. Examples of common steroids include prednisone, prednisolone, dexamethasone, cortisone, and hydrocortisone.

How do steroids affect blood sugar?

While steroids can be lifesaving medications, they also have a side effect: they can raise your blood sugar levels.

- Steroids cause your liver to release extra sugar, raising your blood sugar even if you haven't eaten more than usual.
- Steroids make your body less responsive to insulin, so sugar stays in your bloodstream longer.
- Steroids can also increase your appetite and make you want to eat more, which may lead to higher blood sugar levels.

What are some signs and symptoms of high blood sugar?

Common symptoms of high blood sugar from steroid use include:

- Frequent urination (peeing a lot)
- Blurry vision
- Feeling more tired than usual
- Headaches
- Nausea or vomiting

How can I manage my blood sugar while taking steroids?

- Check your blood sugar regularly.
- Talk with your doctor, as you may need to adjust your insulin dose based on how your blood sugar reacts to the steroids.
- Stay hydrated. This will help flush out sugar in your blood.
- Eat well-balanced meals, and avoid high carb meals.
- Increase your physical activity, as you're able.

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