

■ *Letter to the Editor*

Alcohol consuming habits and its effect on adherence and blood glucose level in type 2 diabetes mellitus

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Dear Editor,

First of all I would like to congratulate Dr. Bijay Thapa for addressing neglected issues like adherence of oral hypoglycemic agents in patients with type 2 diabetes and especially concerning on alcohol consumption and its effect on blood glucose.

It is expected that between 2000 and 2030 there will be 37% increase in the worldwide prevalence of diabetes.¹ Besides aging of the population, family history of diabetes, genetic predisposition, lack of physical activity and high-energy intake leading to overweight and obesity have been shown to be largely responsible for this epidemic.² Among five lifestyle behaviors moderate consumption of alcohol could be attributed to the lack of adherence in 91% of new type 2 diabetics.³ So I agree with the conclusion made by the author that alcohol has played a significant role in non-adherence. But since there are other factors responsible for non-adherence, I think it should also be mentioned in this study.

Several epidemiological studies have suggested an inverse association between moderate alcohol consumption and reduced risk for type 2 DM.⁴ In a recent randomized controlled trial in women without diabetes, alcohol consumption of 30 g/day was shown to have beneficial effects on insulin and triglyceride concentrations.⁵ But in this study alcohol quantity is mentioned in drinks per day, if it was in gram per

day then it would have been easy to counsel patients on basis of quantity. Moreover in our community we also have besides wine, whisky and beer we also have ghad, rakshi, tomba having different percentage of alcohol.

References

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