

D

Diet:

- inappropriate quality
- quantity
- timing of food



Drugs: Intake of drugs which cause high blood glucose levels, Eg. :-

- steroids
- over the counter drugs like cough syrups
- indigenous drugs of unknown nature



I



Insulin:

- inappropriate dosage
- skipping a recommended insulin dose
- taking wrong insulin



Illness, infection

- any seasonal illness
- skin, ear, nose, throat, teeth, chest, foot, urinary tract infections
- any surgery

E

Other Endocrine and autoimmune disorders, Eg. :-

- thyroid disorders
- coeliac diseases
- PCOD (Polycystic ovarian diseases)



Emotions:

- any kind of stress
- feeling low
- lack of sleep



T



Testing:

- inappropriate timing of testing
- wrong testing (not washing hands/pressing too hard)
- wrong readings (expired strips)



Technique - Inappropriate technique or site of taking insulin

Teaching - Lack of diabetes education and hence not balancing appropriately between Diet ~ Exercise ~ Monitoring ~ Insulin

S

Somogyi Phenomenon - a rebound high blood glucose level in response to low blood glucose

Support - Lack of support from family, friends and community



Sports

- lack of physical activity
- less exercise
- Inappropriate exercise