Diabetics Do It Too

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Physicians typically tell diabetic patients to eat right and watch their sugar intake. But according to researchers at the University of Pittsburgh, they should add “Use a condom.” Because so much discussion during doctor visits focuses on diabetes, diabetic patients are less than half as likely to receive counseling about contraception and birth control as their nondiabetic counterparts. Women with diabetes have a higher risk of giving birth to children with birth defects if they conceive before their glucose level is under control. Diabetic women need to be in the know and proactive when talking to doctors about how their condition affects all aspects of their health.

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