

[IMAGE]

Stress Less to Keep Your Blood Sugar in Line

By Editorial Staff

Can stress elevate your blood sugar? Particularly if you're a type 2 diabetic, the answer is yes, which is particularly disturbing since high blood sugar is already a major problem for you. For healthy people without type 2 diabetes, the stress hormone (cortisol) appears to fluctuate during the day; but for people with type 2 diabetes, cortisol stays "flat" – in other words, it hangs around. That constant presence is linked to higher blood sugar, according to research published in *Psychoneuroendocrinology*.

Because stress is one of the major reasons why cortisol is produced, it's essential for type 2 diabetics (whose blood sugar is already perpetually elevated) to manage / reduce that stress. Otherwise, their condition will only get worse. The study authors also suggest that even people without type 2 diabetes should practice stress reduction as a way to help prevent elevated blood sugar, which could eventually lead to type 2 diabetes.

The study assessed cortisol and blood glucose levels over a six-year period, so on the one hand, a few days of stress probably aren't going to cause long-term problems. However, as we all know too well, stress generally doesn't last just a few days; in fact, in many people, it's an everyday burden.

That's a dangerous road that can lead to chronically elevated cortisol and blood sugar – and increase your risk of joining the 30 million-plus U.S. adults who currently suffer from type 2 diabetes. Stressed out and can't find a way out? Your doctor can help.

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