

Reminder not to chase a phantom of perfect control

Rather, be happy with (maybe even amazed about) how well things are working for you with your loop:

We / our loop, are all up against

42 factors that influence our glucose






<https://diatribe.org/poster-now-available-42-factors-affect-blood-glucose>

<https://www.diabetes.co.uk/blood-glucose/what-affects-blood-glucose-levels.html>

*Reference supporting microbiome:

<https://www.ardmediathek.de/video/Y3JpZDovL3dkci5kZS9CZWl0cmFnLTUwOWRlNDU5LTBiY2ItNDkxYi1iNWExLTkxMDBkNzUxMTMhMQ>

42 Factors that affect Blood Glucose

FOOD 	BIOLOGICAL 
<ul style="list-style-type: none">↑↑ 1 Carbohydrate quantity→↑ 2 Carbohydrate type→↑ 3 Fat→↑ 4 Protein→↑ 5 Caffeine↓↑ 6 Alcohol↓↑ 7 Meal timing↑ 8 Dehydration*? 9 Personal microbiome	<ul style="list-style-type: none">↑ 20 Too little sleep↑ 21 Stress and illness↓ 22 Recent hypoglycemia→↑ 23 During-sleep blood sugars↑ 24 Dawn phenomenon↑ 25 Infusion set issues↑ 26 Scar tissue / lipodystrophy↓↓ 27 Intramuscular insulin delivery↑ 28 Allergies↑ 29 A higher BG level (glucotoxicity)↓↑ 30 Periods (menstruation)↑↑ 31 Puberty↓↑ 32 Celiac disease↑ 33 Smoking
MEDICATION 	ENVIRONMENTAL 
<ul style="list-style-type: none">→↓ 10 Medication dose↓↑ 11 Medication timing↓↑ 12 Medication interactions↑↑ 13 Steroid administration↑ 14 Niacin (Vitamin B3)	<ul style="list-style-type: none">↑ 34 Expired insulin↓↑ 35 Inaccurate BG reading↓↑ 36 Outside temperature↑ 37 Sunburn? 38 Altitude
ACTIVITY 	BEHAVIOR & DECISIONS
<ul style="list-style-type: none">→↓ 15 Light exercise↓↑ 16 High-intensity & moderate exercise→↓ 17 Level of fitness/training↓↑ 18 Time of day↓↑ 19 Food and insulin timing	<ul style="list-style-type: none">↓ 39 More frequent BG checks↓↑ 40 Default options and choices↓↑ 41 Decision-making biases↓↑ 42 Family and social pressures

The arrows show the general effect these 42 factors seem to have on blood glucose based on scientific research and/or our experiences at diaTribe. However, not every individual will respond in the same way, so the best way to see how a factor affects you is through your own data: check your blood glucose more often with a meter or wear a CGM and look for patterns.