

17 hours ago • [7 Replies](#)

Glucose is said to be a SE of these 2 drugs. I'm wondering how concerned we need to be with consuming carbs and sugar. If you've been monitoring your glucose while on these drugs, what are your observations? Have you changed your eating habits?

Scott

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[mrscruffy](#) 13 hours ago

Ended up with Type 2 Diabetes. Totally changed my diet

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[London441](#) 8 hours ago

At age 61, being 'concerned' about eating carbs and sugar should be fairly automatic. Hopefully the rest of your habits are in order.

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[85745](#) 5 hours ago

As for my me, I was pre diabetic 130lbs over, big on dairy, sugars, Feeling like crap. Went on a keto diet lost 130 lbs drop BP to normal, no longer diabetic glucose range 74 to 94. All good then I was diagnosed stage4 Prostate. Now diet is even more critical , cut out 90% of dairy and red meat no egg yolks. Big fan of my homemade tomato soup a bowl a day. Chaga tea !

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[dhccpa](#) in reply to [857453](#) hours ago

Keto means different things to different individuals. Can you give us some details on carbs per day and general foods that are allowed on your diet. Do you eat processed meats like cold cuts or sausage? Thanks!

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[bitittle](#) 4 hours ago

While on Orgovyx I saw an increase of 15 pts on fasting blood sugar. I am 4 weeks off Orgovyx with same rise in blood sugar with hopes of returning to normal. I eat healthy but do not focus on low carbs, etc..

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[dhccpa](#) 3 hours ago

I'm on Lupron since 2018. I changed to a whole food plant based diet 7 months in. I don't monitor sugar or carbs but everything is in a relatively high fiber food, no processed ingredients. I do monitor blood glucose, which has been steady throughout.

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[Explorer08](#) 3 hours ago

I was on Orgovyx from March 2021 through the end of April 2022. My glucose stayed in the normal range the entire time and stayed normal even until the end of June 2023. Then, in August of this year it crept up to 121 for some unknown reason. Delayed reaction, perhaps? (I've had glucose measured ten times between

March 2021 and August 2023. I've always exercised a great deal and have recently made dietary changes. Time will tell. I go back on Orgovyx starting this week.

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