



Managing Your Diabetes In The Summer Heat

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Summer Checklist:

- Drink plenty of water.
- Test your blood sugar often.
- Keep medications and supplies out of the sun and heat.
- Stay inside during the hottest time of the day.
- Wear light, loose-fitting clothes.
- Make a hurricane plan and checklist, just in case a storm should come this way.
 - ✓ Bottled water
 - ✓ Food
 - ✓ Extra medication and supplies
- Have a bag ready to go in case of emergencies.

Reference:

<https://www.cdc.gov/features/diabetesheattravel/index.html>



Did You Know?

According to the CDC:

Did you know that people with diabetes - both type 1 and type 2 - can feel the heat more than people who do not have diabetes? Some reasons why:

- Certain diabetes complications, such as damage to blood vessels and nerves, can affect your sweat glands so your **body can't cool as effectively**. That can lead to heat exhaustion and heat stroke, which is a medical emergency.
- People with diabetes **get dehydrated** (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise blood sugar, and high blood sugar can make you urinate more, causing dehydration. Some commonly used medications like diuretics ("water pills" to treat high blood pressure) can dehydrate you, too.
- High temperatures can change **how your body uses insulin**. You may need to test your blood sugar more often and adjust your insulin dose and what you eat and drink.



Staying Active



Being physically active is so important in managing your diabetes. However, Florida's high temperatures and humidity can put you at risk of developing a heat-related illness. Below are some tips to help you stay safe, while staying active:

- If you exercise outside, try to exercise either early in the morning or late in the evening, to avoid the hottest part of the day.
- Drink plenty of water, so you do not get dehydrated.
- Check your blood sugar before, during, and after you exercise.
- Develop a plan with your doctor—to decide when you should adjust your insulin dose, if you should eat an extra carbohydrate snack, and when you should avoid exercise.
- Wear light, loose-fitting clothes when you are active.
- Wear sunscreen and a hat, if you plan on being outside for a period of time.
- Do not go barefoot, even if you are on the beach or at the pool.

Medication Storage

Heat can affect your diabetes medications and supplies, including your blood glucose meter, insulin pump, test strips, etc. It is important to take some simple steps to ensure your medications and supplies stay cool and work properly when you need them.

- All diabetes medications, including insulin and oral pills, should not be kept in direct sunlight or in a hot car. It is important that you check the medication package or insert to learn how the high temperatures can affect your medications.
- If you are traveling or enjoying some time outside, it is important to keep your insulin or other medications in a cooler. NOTE: Do not put insulin or other medications directly on the ice or ice pack.
- Heat can also damage your supplies, such as your blood glucose meter, insulin pump, test strips, etc. It is important to remember not to leave them in a hot the car, by the pool, in direct sunlight, or on the beach.

Remember: It is important to carry your diabetes medications and supplies with you when you're out and about. You will need to be able to test your blood sugar and take the necessary steps if it is too low or too high. Just protect it from the heat!