



dance out diabetes

Diabetes in Real Life

Beating the Heat With Diabetes

It's summertime, and the living isn't always easy for people with diabetes. Heat can cause blood sugar to go haywire, change insulin requirements, and affect how your body handles medicine. Stay safe with this essential guide to beating the heat.

Know Your Numbers

The first rule of summertime safety is to check your blood sugar often to stay in tune with how your body handles the heat. If you find that your blood sugar numbers are rising with the heat index, talk to your doctor about adjusting your diabetes treatment routine.

Drink Up

Dehydration can raise blood sugar. When you work out, get fit in air conditioned areas or exercise earlier or later in the day. Drink plenty of water, while still being careful not to drink excessively or past your level of thirst. Remember that alcohol and caffeinated drinks can dehydrate you further, so don't rely on them to keep you hydrated.

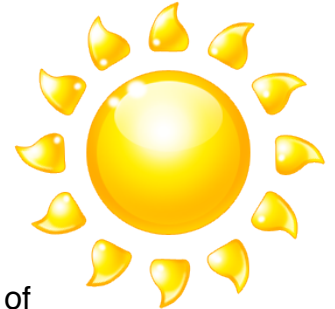


Be Sun Smart

Sunburns also pose a danger for people with diabetes. They can affect blood sugar levels and create blisters, which can become infected if they break open. Protect yourself by using a broad spectrum sunscreen with an SPF (sun protection factor) of at least 15, then top it off with a hat. Reapply sunscreen after swimming and spend most of your down time in the shade between 10am and 4pm (when the sun's rays are strongest).

Keep Your Cool(er)

Don't forget your diabetes supplies. Invest in a small insulated cooler to keep everything safe and ready for action. Store insulin in a cool, dry place, keeping it out of direct sunlight. Never leave diabetes supplies or medicine in a hot car; hot temps can damage both. The same goes for food and glucose products for treating low blood sugar.



Hang Ten

Bare feet are a bad idea, especially on the beach where the risk of burns and cuts is increased. When swimming, wear water shoes to protect your feet. Try to avoid open-toed shoes, but if sandals are your vice, inspect your feet daily, especially if you have neuropathy or any kind of nerve damage that decreases feeling. Look for cuts, blisters, calluses, and wounds that are slow to heal and if they develop, see your doctor right away.

