

KEEP YOUR DIABETES ON A STABLE PATH

Risk Reduction

Staying cool and healthy in the Summer



Summer is here!

Time for family gatherings at the beach, pool, park or backyard. As the weather heats up, you need to monitor yourself more closely as research shows that people with diabetes are more sensitive to high temperatures and humidity.

People with diabetes can become dehydrated more quickly than people without diabetes. When dehydration is severe, you may develop rapid heart rate, low blood pressure, excessive thirst, and you may stop sweating. Your blood sugar level can become unsteady because the higher temps can change how your body uses insulin. People with diabetes are also more likely to get heat exhaustion - so staying in the cool shade with a large glass of water is recommended!

Hot temps and humidity together increase the challenge to staying cool because your sweat doesn't evaporate as well in humid conditions. Keeping your diabetes managed in the summertime can be done! Remember to:

- wear light-colored, lightweight clothing
- stay in the shade as much as possible
- drink plenty of water
- avoid alcoholic drinks
- check your blood sugar levels more often
- know your medication recommendations (some medications can make you more sun and heat sensitive).

Exercise in hot temperatures can be a challenge. We recommend staying in air-conditioned spaces to get the workouts in as you will be less vulnerable to humidity and heat. But if you really love being outdoors, aim to get the workout or cardio-walk done in the early morning hours when it is a little cooler.

Heat and humidity are hard on your body and also on your diabetes supplies including medications. Never leave your glucose meter, test strips, insulin pump or other diabetes supplies in direct sunlight or a hot car. All of your diabetes supplies should be kept in cool, dry location(s). When traveling, insulin can be stored in a cooler but not directly touching ice packs or icy water.

Products to help you keep your cool:

- [FRIO cooling cases](#)
- [Cooling shirts](#)
- [Breezy packs](#)
- [4allfamily insulin cooler cup](#)
- [Sunscreen coupons](#)

Problem Solving



Sick Day Guidelines

One of the many physical stressors, such as illness, can affect your diabetes control. When you get a cold or flu, your body releases hormones to fight the illness and that can cause your blood glucose (BG) to rise.

Having a sick day plan can help you to be prepared and have better control. We recommend having these items on hand and using them:

- CGM or glucose meter to check your glucose every 3 to 4 hours.
- If using CGM, have back up meter on hand to check unusually high or low readings or if the sensor fails.
- Plenty of water or sugar-free drinks. May need to drink juice if low BG.
- Up-to-date diabetes medications (avoid expired medications)
- Ketone testing supplies (People with type 1 diabetes or LADA only)

Risk of diabetic ketoacidosis for people with type 1 diabetes during illness.

When your body doesn't have enough insulin, it starts breaking down fat as fuel, which produces ketones. When too many ketones are produced too fast, they can cause diabetic ketoacidosis (DKA).

- DKA is very serious and can cause a coma or even death.
- Check for ketones even if your blood glucose is not high.
- When you are sick, ketones may be high even when your blood sugar is within target range.
- Call your provider if your ketones are moderate or high.

Maintaining good glucose control (keeping in normal range) during illness is important. We recommend:

- Continue taking your diabetes medication(s) as usual.
- Test your blood sugar every 3-4 hours and keep track of your results.
- Try to eat as you normally would.
- Drink extra calorie-free liquids, about 4-6 ounces every half hour can help prevent dehydration.
- You may need to drink juice if you can not eat food that contains carbs. Drink small portions of juice to keep your blood sugar from getting too high.

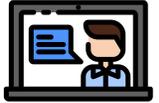
When should I call for help?

- Sick and/or fever for 3 days and symptoms are same or getting worse.
- Vomiting and/or diarrhea for more than 6 hours
- Moderate to high ketones even if your glucose is not high.
- BG values stay above 240mg/dl even when you are giving extra insulin
- You are not sure what to do



Talk to your coach for more information - start reducing your risks.
Small steps can lead to big changes.

Coach's Corner



Q & A sessions

Dear Coach,
Why do I need to share my blood sugars with Stability Health?
Technophobe in Taunton

Dear Technophobe,
Sharing your glucose allows us to:

1. Help you to interpret the trends. It is great to be able to identify when glucose is very high or very low and more meaningful is for you to know what might be leading to these numbers. For example: Your post meal glucose seems to run high after lunch on Thursdays:

- Do you do anything special for lunch that day?
- Is it tough to remember to bring along your insulin when you dine out?
- Did you have a work meeting that cut into your lunchtime walk?

2. Help you to identify changes in your diabetes through regular reviewing of your glucose. Once you are on the right track to managing your diabetes, your diabetes plan may still need to change.

Diabetes is a chronic disease that evolves and changes over time. Sometimes you may need a review of your current medications. Sometimes we won't be able to find anything, this may be when we include your provider to let them review your medication regimen.

Remember, diabetes is a chronic disease which evolves. Your behaviors won't always be the reason behind the change in your glucose.

COACH SUPPORT:

Reach out when you have a question or concern.

You don't have to wait for your scheduled appointment.

Three ways to reach us: email, phone, MyStablePath portal