

Summer Safety Tips

Summer days always bring such great memories of summers past. Make some great memories this summer, have lots of fun and take these precautions to keep it a safe summer:

Your Summer Checklist

- Drink plenty of water.
- Test your blood sugar often. Check your blood sugar before, during, and after you're active. You may need to change how much insulin you use. Ask your doctor if you would like help in adjusting your dosage.
- Keep medicines, supplies, and equipment out of the heat.
- Stay inside in air-conditioning when it's hottest.
- Wear loose, light clothing
- Get medical attention for heat-related illness.
- Avoid alcohol and drinks with caffeine, like coffee and energy or sports drinks. They can lead to water loss and spike your blood sugar levels.
- Wear sunscreen and a hat when you're outside. Sunburn can raise your blood sugar levels.
- Don't go barefoot, even on the beach or at the pool.
- Use your air conditioner or go to an air-conditioned building or mall to stay cool. In very high

As we age, our ability to adequately respond to summer heat can put us at greater risk. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion. You need to seek medical help for heat-related illness.

Did you know that people who have diabetes—both type 1 and type 2—feel the heat more than people who do not have diabetes? Some reasons why:
heat, a room fan will not cool you enough.

- Make a plan in case you lose power.
- Have a go-bag ready for emergencies.

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Did you know that people who have diabetes—both type 1 and type 2—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 medicines 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.



Even when it doesn't seem very hot outside, the combination of heat and humidity (moisture in the air) can be dangerous. When sweat evaporates (dries) on your skin, it removes heat and cools you. It's harder to stay cool in high humidity because sweat can't evaporate as well.

Whether you're working out or just hanging out, it's a good idea to check the heat index—a measurement that combines temperature and humidity. Take steps to stay cool (see sidebar) when it reaches 80°F in the shade with 40% humidity or above. Important to know: The heat index can be up to 15°F higher in full sunlight, so stick to the shade when the weather warms up.

Physical activity is key to managing diabetes, but don't get active outdoors during the hottest part of the day or when the heat index is high. Get out early in the morning or in the evening when temperatures are lower, or go to an air-conditioned mall or gym to get active. Your supplies can also be affected by the heat.

Some medication rules are:

•Don't store insulin or oral diabetes medicine in direct sunlight or in a hot car. Check package information about how high temperatures can affect insulin and other medicines.

•If you're traveling, keep insulin and other medicines in a cooler. Don't put insulin directly on ice or on a gel pack.

•Heat can damage your blood sugar monitor, insulin pump, and other diabetes equipment. Don't leave them in a hot car, by a pool, in direct sunlight, or on the beach. The same goes for supplies such as test strips.



But don't let the summer heat stop you from taking your diabetes medicine and supplies with you when you're out and about. You'll need to be able to test your blood sugar and

Hurricane Season



June 1 marked the beginning of hurricane season. Severe thunderstorms with hail, high winds, and tornadoes are more likely in warm weather, too. People with diabetes face extra challenges if a strong storm knocks out the power or they have to seek shelter away from home. Plan how you'll handle medicine that needs refrigeration, such as insulin. And be prepared by packing an emergency go-bag—a supply kit you can grab quickly if you need to leave your home.

Insulin Storage

The guidelines for storing insulin vary, depending on factors such as whether the product is opened or unopened, the type of insulin you are using, and whether the insulin is in a vial or pen. You should keep all unopened products in the refrigerator. If you take a medication that requires refrigeration such as insulin or other injectable medication, you need to plan how you will keep your insulin stored.

Here are some options:

Coolers

Not all coolers are created equal. However you will need one that will hold its temperature for more than a few days. Roto-molded coolers will hold ice longer. They are expensive as far as coolers go but do outperform the standard cooler that has been around a long time. Yeti is a popular brand but not the only roto-molded cooler on the market. The RTIC cooler has been tested and rated well and offered at about \$65 cheaper for the same size 20 quart cooler. The Yeti 20 quart runs around \$200 and the RTIC runs \$135. You can find many more brands on line, so do a little research on the coolers. It may sound like a lot of money for something you may never need, but when you compare the cost of your insulin and medications it can actually save you money if we were to have a disaster. Insurance will not cover lost or damaged medications. Adding a few gel packs seems to keep the ice even longer. Note, you should never use dry ice with your medications or place the medication directly on the ice because it can freeze, which is just as damaging as getting too warm.



Generators

Another option is to purchase a generator. It will be important to do some research about generators before you need it. You will need to know how big a generator you need, depending on how much you want it to power. You will need to know all about generator safety before use. Costs vary depending on size and brand.

ClimaPak



Utilizing advanced nanotechnology, ClimaPak keeps insulin cool without electricity. Maintains insulin temperature for up to 3 to 5 days on a single charge. Will hold 2 pens or 2 vials or one of each.

Insulin in use can be stored at room temperature. You must look at the information that comes with your insulin to see how many days that particular brand can be stored at room temperature –it varies. Room temperature for insulin is below 86 degrees. Here are some options for insulin being kept room temperature in heat.

FRIO® Insulin Cooling wallet

Keeps insulin at safe temperature in heat but not a refrigerated temperature. The largest wallet holds 4 pens or 6 vials.

Following are some of the features of the FRIO® Insulin Cooling wallet:

- Refrigeration NOT needed - simply activates with cold water!
- FRIO® have been used in temperatures in excess of 120°F with complete success. Tests prove that FRIO® retain their contents at around 77-79°F for a minimum of 45 hours per immersion period in a constant environmental temperature of 100°F.



Insulin loses some effectiveness when exposed to extreme temperatures. The longer the exposure to extreme temperatures, the less effective the insulin becomes. This can result in loss of blood glucose control over time. Under emergency conditions, you might still need to use insulin that has been stored above 86°F. You should try to keep insulin as cool as possible and keep it away from direct heat and direct sunlight. When properly stored insulin becomes available again, the insulin vials that have been exposed to these extreme conditions should be discarded and replaced as soon as possible.

New Classes Starting

We are looking for new participants for our diabetes class. The 8 week series runs all through out the year. Spots are limited. If you have anyone to refer please have them call 361-887-7979 to get pre-registered for the class.

Grilled Salmon Salad with Raspberry Vinaigrette



Serving size: 1 salmon fillet + 2 cups salad
Per serving: 325 calories; 14 g fat(3 g sat); 10 g fiber; 21 g carbohydrates; 29 g protein; 67 mg cholesterol; 9 g sugars; 577 mg sodium;

Carbohydrate Servings: 1½

Exchanges: 4 lean meat, 2 fat, 1 starch, 1 vegetable

Vinaigrette

2 cups fresh raspberries

3 tablespoons red-wine vinegar

1 tablespoon sugar

1 teaspoon Dijon mustard

½ teaspoon lemon zest, plus more for garnish

¼ teaspoon salt

⅛ teaspoon ground pepper

Salad

4 4-oz to 5-oz skinless center-cut salmon fillets, 1 inch thick, thawed if frozen

Cooking spray

¼ teaspoon salt

⅛ teaspoon ground pepper

6 cups lightly packed fresh baby spinach (4 oz.)

2 cups fresh raspberries

½ cup crumbled reduced-fat feta cheese

Preparation

30 minutes Ready In 45 minutes

To prepare vinaigrette: Combine 2 cups raspberries, vinegar, sugar and mustard in a small saucepan. Bring to a boil. Reduce heat and simmer, uncovered, until the berries have broken down and the mixture is slightly thick, 8 to 10 minutes. Let cool slightly. Press the mixture through a fine-mesh sieve set over a bowl; discard seeds. Stir in lemon zest, ¼ tsp. salt and ⅛ tsp. pepper. Let cool completely. If desired, thin with a little water.

To prepare salad: Preheat grill to medium. Oil the grill rack. Pat salmon dry, lightly coat with cooking spray and sprinkle with salt and pepper. Grill the salmon, covered, turning once, until it flakes easily, 7 to 10 minutes. Combine spinach and half the vinaigrette in a large bowl; toss to coat. Divide among 4 plates. Top with the salmon, raspberries, feta and walnuts. Drizzle with the remaining dressing. Garnish with lemon zest, if desired.

Sugar Substitute: We do not recommend a sugar sub for this recipe.