

NOW WHAT how to manage your diabetes in extreme heat

If you have diabetes, extreme heat can affect your blood sugar control. If you have complications from diabetes that have damaged nerves to sweat glands, you may be unable to sweat properly which could lead to heat exhaustion and heat stroke. Extreme temperatures can also damage your medications and testing equipment.

FACTS FIRST: Getting a handle on your blood sugar is essential, especially if you are doing activities in the summer.

How does heat affect you?

How heat affects your medications?

Prevention

ACT ON THE FACTS:

- Extreme heat can alter blood sugar levels depending on:
 - Hydration status
 - Diet
 - Activity levels
 - If you become dehydrated, your blood glucose levels will rise.
- Medications
 - Most insulin can tolerate temperatures up to 93 – 95 degrees, exposure to higher temperatures will make the medication quickly break down.
 - High heat and sunscreen can affect testing supplies and equipment like test strips and monitoring devices such as sensors and insulin pumps.
- Prevent Problems - Don't let the heat keep you indoors!
 - Drink plenty of water.
 - Avoid becoming dehydrated – carry small bottles of water
 - Adjust insulin as needed – Ask your provider or diabetes educator how to adjust your insulin before exercising.
 - Check your blood sugar levels even more frequently than usual.
 - Keep items to treat low blood sugar with you.
 - Take snacks with you. Discuss options with your dietitian
 - Protect your medication and supplies.
 - Consider a car cooler.
 - If you are going on a trip, take enough supplies.
 - Protect your insulin pump from high temperatures.
 - Don't put insulin directly on ice or a gel pack.
 - Avoid Sunburn – Sunburn stresses your body and can raise blood sugars.
 - Protect your feet, wear flip-flops, sandals, or shoes.
 - Limit how much time you spend outside in extreme temperatures.
 - Be prepared with a stay-at-home go bag if the power goes out. Below you can find the CDC AACE Diabetes Emergency Plan.



Do you know what to do in an emergency and what to pack?

To get more information on Diabetes Emergency Preparedness visit:

<https://www.diabeteseducator.org/living-with-diabetes/disaster-preparedness>

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/