

# BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

## DIABETES

### Summer Heat and Diabetes Control

Ask the Expert

#### Questions:

#### How can the summer heat affect diabetes control?

Heat, especially extreme heat, is hard for anyone to tolerate. It's especially hard on people with diabetes. When your body is exposed to heat, you lose more water through sweat, which can dehydrate you. Dehydration increases blood sugar levels. High blood sugar will make you urinate more often, which can dehydrate you even more. To stay hydrated, drink more fluids. You can tell when you're drinking enough because your urine will be lighter-colored.

#### Can heat affect the way your body absorbs insulin?

In hot weather, more blood flows to your skin. When you're dehydrated, the opposite happens -- less blood flows to the skin. Most types of insulin, especially short-acting insulin, don't work as well when blood flow is decreased.

#### Can heat affect your medicines?

If you leave insulin in a hot car, it will start to degrade. Bring along a cooler to keep insulin at room

#### Grilled Spice-Rubbed Salmon

- 1 lb. salmon, cut into 4 pieces
- 1 tsp. olive oil
- ¼ tsp. sea salt & pepper
- ½ tsp. fennel seeds
- ½ tsp. grated lime zest
- 1 T S. red wine vinegar
- 1 tsp honey, cumin, & paprika
- 1 TBS. chopped oregano (fresh)
- 4 lime wedges

Preheat grill. Brush salmon with olive oil. Combine all the seasonings and create a paste. Brush paste over the flesh of the salmon. Put in refrigerator for 15 minutes. Place salmon skin side up on oiled grill. Cook until edges begin to turn pink, about 6 minutes. Flip and cook another 3-5 minutes. Remove and serve with lime wedges (to squeeze over the salmon)

#### Servings: 4

Calories per serving 190, Fat 9g, Sat Fat 1.9g, Cholesterol 65mg, Sodium 230mg, Total Carbs 2g, Fiber 1g, Protein 23g,



temperature or below. Heat can also damage test strips, leading to false readings. That's going to affect your blood sugar management and how much insulin you take.



### Be careful when you exercise in the heat.

Watch for both high and low blood sugar. Your

blood sugar can drop if you are on a medication that could cause low blood sugar. Being outside in hot weather and exercising produce similar symptoms, such as sweating and a fast heart rate, so it's easy to overlook the early symptoms of low blood sugar.

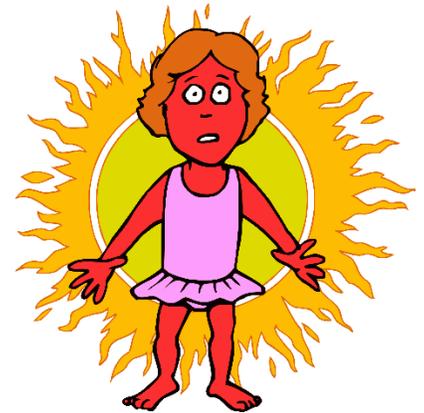
Watch for both high and low blood sugar.

That's why you need to check your blood sugar every hour or two while you exercise. Bring juice, glucose tablets, or glucose gel along for your workout, in case your blood sugar dips. If you take insulin, ask your [doctor] how to adjust your dosage when exercising.



### Avoid sunburn.

It damages your skin and can affect diabetes control. A serious sunburn causes inflammation, which in turn raises blood sugar. Apply a broad-spectrum sunscreen, and wear protective clothing and a wide-brimmed hat whenever you go outside.



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Call me anytime for questions

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