



Diabetes Management in the Summer

Always remember to stay hydrated

- When blood glucose levels are not controlled this can lead to increase excretion of urine. Keep hydrated by drinking things low in caffeine and sugar such as water

Watch for signs of heat exhaustion

- Some symptoms may include: feeling dizzy, fainting, sweating excessively, muscle cramps, headaches, rapid heart rate and nausea

Remember to exercise in a cool environment

- This will decrease your chances of heat exhaustion

Check blood glucose levels more often

- The heat can cause blood glucose levels to increase so during the summer heat you may need to check levels more often especially if you aren't feeling well

Always carry healthy snacks and water with you

