

DID YOU KNOW?

High heat, hydration (or lack of) and high blood sugar are related!



HOW? Dehydration ➡ high blood sugars ➡ increase in urination ➡ worsening dehydration & continued increase in blood sugars ➡ DKA (diabetic ketoacidosis)

Why does this happen?

High temperatures change how your body uses insulin. The more physically active a person is, the less insulin they need.

Often times, the same dose of insulin given in higher temperatures is more likely to cause low blood sugars. Check with your primary care provider or endocrinologist for dosing recommendations.

How to Prevent DKA

Stay hydrated: Drink lots of water and sugar-free beverages

Store insulin in a cool, dry place.

Avoid temperatures above 95 degrees.

High temperature can break down insulin, resulting in it being less effective.

Do not store your testing supplies (blood sugar meter and test strips) in extreme temperatures. They can become damaged and provide inaccurate readings.

Test your blood sugar more often (ex: before, during and after exercise).

Pack snacks and items to treat low blood sugar.

Try pairing carbohydrates with protein sources, like peanut butter crackers.

Bring extra supplies for continuous glucose monitors and insulin pumps. High heat can cause adhesive to become loose or fall off.

