

**WTNS Radio OSU Extension Update for July 13, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about summer heat for people with diabetes.

Last week was a scorcher of a week! And though we experienced a bit of a reprieve over the weekend, temperatures in the high 80s and 90s are forecasted again this week. People who have diabetes (both type 1 and type 2) feel the heat more intensely than those who do not. According to the CDC there are several reasons why this happens.

Diabetes can result in complications that affect the efficiency of several systems in the body. One is damage to blood vessels and nerves that can affect sweat glands. If the body cannot cool as effectively, this could lead to heat exhaustion and heat stroke. On days when the humidity is also high, it is harder to stay cool because sweat cannot evaporate as well. The heat index, which factors in both temperature and humidity, is a good indication of what the true effects of outdoor conditions might be.

According to Dr. Marwan Hamaty from Cleveland Clinic, "If the heat and your activity make you sweat profusely, you may become dehydrated, leading to a rise in glucose levels. If you become dehydrated, your blood glucose levels will rise. This can lead to frequent urination, which then leads to further dehydration and even higher blood sugar levels — a kind of vicious cycle."

Since high temperatures change how the body uses insulin, testing blood sugar more often can help make sure it is in the target range. Physical activity can lead to low blood sugars, so people with diabetes in extreme weather conditions are at risk for both low and high blood sugars. Here is some advice during these hot and humid summer days:

- Drink plenty of water—even if you are not thirsty—so you don't get dehydrated.
- 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.
- Check your blood sugar before, during, and after you are active. You may need to change how much insulin you use. Ask your doctor if you would like help in adjusting your dosage.

- Wear loose-fitting, lightweight, light-colored clothing. And wear sunscreen and a hat when you are outside. Sunburn can raise your blood sugar levels.
- Do not go barefoot, even on the beach or at the pool.
- Use your air conditioner or go to an air-conditioned building to stay cool. In very high heat, a room fan will not cool you enough.

Another tip is to keep diabetes medicines, supplies and equipment out of direct sunlight or hot vehicles. Keep any medicines in a cooler when you are traveling. Just be sure not to place insulin directly on a frozen gel pack.

This month I am teaching brief cooking demonstrations via Facebook Live featuring some of the recipes from our Dining with Diabetes program. I encourage you to join me virtually in my home kitchen each Tuesday evening in July at 7:00 PM. Learn a new diabetes friendly recipe and get some helpful tips for managing diabetes well.

I will be making Sweet and Spicy Stir-Fry, Berry Pineapple Fluff, and Peach and Berry Crisp. And you can view the recorded videos afterwards at [coshocton.osu.edu](http://coshocton.osu.edu) including last week's episode making Zucchini, Carrots and Basil. My challenge to the viewers was to fill half their plate with non-starchy vegetables for meals this week. There are so many in season right now. I hope you will accept that challenge too!

And here is an update about our OSU Extension Office. Though all of our staff continue to work from their home offices as we have done since March, we have begun to open our office for limited hours to the public. Office hours are Monday, Wednesday, and Friday from 8 AM–5 PM.

We ask that you please call ahead of your visit so we can have your items prepared for you. We are rotating staff on different days, so calling ahead ensures that the appropriate staff member is there to meet your needs. One family is allowed to come into the office at a time. Face masks are required (and we will provide one for you if you do not have one). Use of hand sanitizer is required and is also provided.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!