

WTNS Radio OSU Extension Update for June 5, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about managing diabetes well during the summer months, and as always look at some upcoming programs from OSU Extension.

I know the season doesn't officially change until June 21, but this week has felt like summer. As I looked at the weekly forecast, my weather app showed an image of the sun behind a cactus for Friday. It was a good reminder of how hot weather can make us feel.

People who have diabetes (both type 1 and type 2) can feel the heat more intensely than those who do not. Diabetes can result in complications that affect the efficiency of several systems in the body. According to the CDC, diabetes can lead to damage to blood vessels and nerves. This means that sweat glands can be less effective not allowing the body to cool itself as well. In general, people with diabetes get dehydrated more quickly. Not drinking enough liquids can raise blood sugar. Higher blood sugar can increase urination which can also lead to dehydration.

People who need insulin may need to adjust their insulin dose, so close monitoring of blood sugar levels is recommended. Insulin and oral diabetes medicines should not be stored in sunlight or a hot car. The same goes for equipment and supplies. Heat can damage blood sugar monitors, insulin pumps and test strips.

Dr. Marwan Hamaty with Cleveland Clinic, says he encourages his patients to participate in outdoor activities in all sorts of weather. He simply advises them to take certain precautions. These are good tips to keep in mind:

- Drink plenty of water. This applies to everyone whether or not they have diabetes.
- Keep items to treat low blood sugar with you. Though diabetes is associated with high blood sugar levels, people with diabetes can also experience low blood sugar with increased exercise. Have glucose tabs or glucose gel handy.
- Snacks may also be helpful to regulate blood sugar levels. Discuss some good options with your dietitian.
- Avoid dehydration. When you are active in warm weather, consider carrying along a low-calorie electrolyte-replenishing sports drink.

- Avoid sunburn. This is also helpful advice for everyone. Sunburn stresses your body, and this can raise blood sugar levels.
- Avoid temperature extremes. When possible, take it easy on exceptionally hot and humid days. There is a difference between 80 degrees and 95 degrees, and your body will let you know. Whenever possible, aim to stay in the shade rather than direct sunlight.

OSU Extension and Coshocton Regional Medical Center will once again be offering Dining with Diabetes this summer. Dining with Diabetes is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. The program is a series of four classes. Each class features a small meal, cooking demonstration, and a lesson on an important topic to better manage diabetes.

Dining with Diabetes will be held on Monday evenings July 10, 17, 24, and 31 from 5:30-7:30 pm. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are also encouraged to register a support person to attend with you for an additional \$10.

I will co-teach the classes with Leslie Mayle, registered dietitian at Coshocton Regional Medical Center, and Kate Shumaker, OSU Extension educator and registered dietitian. Those with diabetes or pre-diabetes and their family members or caretakers are encouraged to attend. Paid registration is required by July 5. There are only 9 registration openings remaining. To register visit coshocton.osu.edu.

And now let's look at some upcoming programs from OSU Extension. Each year the Ohio State University Extension Food Preservation Team offers a webinar series. This year it is called "Food Preservation Five." This is a series of five presentations each highlighting the top five considerations for that topic. The next webinar is tomorrow about Freeze Drying. This is a lunch 'n learn type format, so I hope you can join us from 12:00-12:30 PM. Register for this free program at go.osu.edu/2023foodpreservationwebinarseries

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and 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. Make it a healthy day!