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Dear Valued Customer,

Summertime. For some, it's baseball, popsicles, and swimming pools. For your diabetic customers, the summer heat has the potential for dehydration, heat exhaustion, or heat stroke. To help your customers get prepared, here are some summertime safety tips.

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you  
know?

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### **Prevent Dehydration**

Staying hydrated is important for everyone in summer, but especially for the diabetic. People with diabetes get dehydrated more quickly due to a fluctuation in blood sugar. Heat and outdoor activities lead to sweating which can cause dehydration.

When the body is dehydrated, blood sugar rises as the glucose in blood becomes more concentrated. As a result, your customers need to test their blood sugar more often. They may need to adjust what they eat and drink too.

Encourage your diabetic customers to not wait until they're thirsty before drinking plenty of fluids. Water is the best for hydration. In addition, they need to check their blood sugar before and after summer activities.

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## Adjust Insulin Levels

Summer heat can also change how a diabetic's body uses insulin. Because high temperatures can cause blood vessels to dilate, insulin is absorbed differently. The heat can increase the risk of hypoglycemia for those on insulin.

Heat exhaustion and hypoglycemia have similar warning signs. Symptoms include increased sweating, lightheadedness, shakiness, confusion, and tiredness. It's important to keep fast-acting carbohydrates on hand such as glucose tablets or a sugary drink.

## Take Care of Medications

High temps can affect their medications, glucose meter, and test strips. Your customers need to be prepared to protect insulin pumps and other equipment as well. Advise them not to leave any of these in a hot car or in direct sunlight.

Insulin can easily be degraded in the summer heat. If they're traveling, remind them to keep insulin and other medicines in a cooler, but not to put any medication directly on ice or on a gel pack.

## General Tips for Dealing With the Heat

- Drink a lot of water to stay hydrated
- Avoid alcohol and caffeine
- If active, check blood glucose before, during, and after the physical activity
- Wear loose-fitting, lightweight, light-colored clothing
- Wear sunscreen and a hat
- Don't go barefoot
- Stay out of the afternoon heat
- Test more often



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## Your Pharmacy Can Be Prepared

Obviously, increased testing is a top priority for your diabetic customers this summer. Make sure you have stocked your shelves with test strips, insulin syringes, and diabetic equipment such as continuous glucose monitors. We have them in stock and ready to ship.

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Let's work together to keep your customers safe this summer. Contact us for all of your diabetic supplies and receive great prices with great service. We're here to serve you and your independent pharmacy.



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"Be joyful in hope, patient in affliction, faithful in prayer."

Romans 12:12

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