



Diabetes Newsletter

Control your diabetes.
For Life.

PIKE COUNTY HEALTH DEPARTMENT

CELEBRATING 40 YEARS OF SERVICE

JULY, 2006

KEEP YOUR COOL

HEAT WAVES can strike anywhere. Even in Alaska and Maine, temperatures can soar above 100°F.



But temperatures don't have to be extreme to be dangerous. Heat cramps, heat exhaustion, and heat stroke (sunstroke) can occur at ordinary summer temperatures, particularly if you are active in hot, humid conditions. People with diabetes are at extra risk.



You can reduce your chances of heat illnesses in several ways. These steps are extra important for those who have a harder time dealing with heat: children, overweight people, people over 50, people who take certain drugs, people with mental or physical illnesses, and people who don't have air conditioning.

- Wear sunglasses and a wide-brimmed hat outside.
- Choose loose, lightweight, light-colored clothes and shoes. When the sun is bright, long sleeves and long skirts and pants can be cooler than bare skin.
- Wear sunscreen every day and take other steps to avoid sunburn, which can interfere with your body's "thermostat".



- Run your air conditioner. Don't risk your health to save a few dollars.
- Make meals that don't require the stove.
- Eat light, well-balanced meals.
- Drink lots of *cool* water. (If you have kidney disease or must limit fluids for some other reason, talk to your doctor before drinking extra water.)
- Avoid drinks that contain caffeine, alcohol, or large amounts of sugar.
- Don't take salt tablets unless your doctor says to.



If you must do hard labor, work in the coolest times of the day, if possible.

Pace yourself. Take frequent breaks – in a shady spot if available – and drink even more water.



If you have no air conditioning or it goes out during extreme weather:



- Take a cool bath or shower.
- Go to a heat-relief shelter, if your city has one.
- Stay on the lowest floor of your home out of the sunlight.
- Don't rely on fans. They may not stave off heat illness in 90° - plus temperatures.
- Spend time in air-conditioned buildings as much as possible – libraries, theaters, malls, or friends' homes.



Peachy Fruit Salad with Mint

- 1 cup sliced peaches
- ½ cup sliced nectarines
- ½ cup fresh cubed melon
- ½ cup sliced strawberries
- 2 tsp. fresh minced mint

Topping

- ½ cup sugar-free, low-fat vanilla yogurt
- ½ tsp. cinnamon
- ½ tsp. grated lemon zest



1. Combine all the fruit and minced mint in a large bowl.
2. In a small bowl, mix together the yogurt, cinnamon, and lemon zest.

Spoon the fruit salad into individual desert dishes. Top with the yogurt sauce.

Makes 4 servings

Serving Size: about ½ cup

Dietary Exchanges: 1 Fruit

Nutrients per Serving:

Cal 58	Cal from fat . . 7	Total Fat . . 1 g
(Sat fat . . .0.3 g	Monounsaturated Fat . . . 0.2 g	
Polyunsaturated Fat . . 0.1 g	Trans Fat . . 0 g)	
Chol . . 2 mg	Sod . . . 27 mg	Total Carb . 12 g
(Dietary Fiber . . 2 g	Sugars . . 9 g)	Protein . . 3 g

**Pike County
Diabetes Support Group
113 E. Jefferson
Pittsfield, IL 62363**

Upcoming Diabetes Events:

For more information call:
Pike County Health Department 285-4407

August 10, 2006
Diabetes Support Group
Pike County Health Department
4:00 - 5:00 pm

Speaker: Dr. Margie Williams
Juice Plus - Dr. Margie 4 Prevention