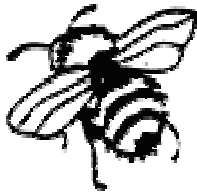


DECEMBER 2008

Diabetes News

Rotorua

Youth Pullout



diabetes nz
rotorua

Holiday Time!

We all love a good holiday, and diabetes shouldn't stop you having a great time. With careful planning and preparation beforehand – and looking after yourself while you're away – you can relax and enjoy yourself just as much as everyone else.

Supplies

However long your holiday is, make sure you have enough supplies to take twice as much medication as you'd normally use to cover loss or breakage. It shouldn't be difficult to get more tablets or insulin if your holiday is in NZ, but make sure you have your repeat prescription with you and be prepared to pay extra for not being registered with a PHO. If you're going abroad try to find out in advance what is available.

Got it packed?

Before you set off, make sure you've got the necessary items:

- diabetes ID and doctor's letter
- insulin and syringes/pen/pump
- flask or cool bag
- spare needles/tubing
- diabetes tablets (and any other medicines)
- blood glucose testing equipment and spare batteries
- urine ketones test strips
- BD safe clip or a sharps bin large enough to last the length of the holiday
- hypo treatment – glucose tablets or gel, non-diet drinks, glucagon injection
- carbohydrate food – biscuits, sandwich, cereal bars, cartons of fruit juice
- small first aid kit
- travel insurance details

Diabetes control

Because you'll be in a different environment from normal, your diabetes may be affected. So it's important to consider the following:

- the rate at which insulin is absorbed may be altered due to hot weather or more or less activity than usual so test regularly – especially if you feel low or high

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- keep your hypo treatment with you when out and about
 - after exercise have a snack to prevent a delayed hypo
 - try to keep the test strips at room temperature to ensure their accuracy
 - store your sharps box out of general view – drug abusers have been known to steal them to sell the contents
 - base your meals on a carbohydrate food
 - take care with alcohol because a hypo can be mistaken for being drunk – so it's best to carry some form of diabetes ID.

Precautions

If your destination has extremes of temperatures or you'll be at altitude, your insulin can be affected. Insulin that you're currently using is fine out of the fridge for up to 28 days (but don't leave it on a sunny windowsill or in a glove-box). If the weather's really hot, store it in a flask or cool bag when you're out and about. If your trip is longer than that or you need to store extra supplies, check whether you'll have a fridge – if not, use a flask or cool bag. Your blood glucose meter may give false readings or switch off at extremes of temperature or at altitude. So check in advance about the height and temperature ranges of your device, and while on holiday keep it close to your body for optimum temperature operation.

Sunburn

Make sure you protect your skin with high-factor sun cream and watch out for sunburn, which can range from mild redness to blisters. But if you do get sunburnt:

- bathe and cover the area with a cold, wet cloth
- apply an after-sun preparation, aloe vera or calamine lotion
- drink plenty of sugar-free fluids
- don't burst blisters
- take painkillers, if necessary.

Stomach upsets

If you have a mild episode of diarrhoea or a tummy upset:

- drink plenty of fluids – sweetened if you are not eating
- eat little and often
- monitor your blood glucose levels regularly
- continue to take your diabetes medication – even if you're not eating.
- if it becomes worse or if you're vomiting, seek medical advice.

WORDFIND

G N I N N U R G N I H S I F W E
R A G T H O T E K C I R C B X W
O S H O O T T R O P H Y G O R O
W E V W X I E N Y A C H T H R T
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H H O R S E R A C I N G B P N W
S C R E K O O N S A R G O S G E
C H A M P I O N S H I P A D I P

Badminton	Golf	Cricket	Trophy
Football	Score	Horseracing	Walking
Running	Championship	Rugby	Judo
Tennis	Winner	Rowing	Volleyball
Skipping	Cycling	Snooker	Kayak
League	Swim	Speedway	Fishing
Shoot	Skate	Ski	Yacht

Did you read 'Society News'?

Funding from the Rotorua Energy Charitable Trust will enable several children in our area to attend camp in 2009—See page 5 of the newsletter.