Do you have travel plans this summer?
Get the most out of summer travel by planning ahead!

Summer is here and makes us think of travel, camping trips, and outdoor fun. As a family living with diabetes, you probably know that traveling requires a little advanced planning. Of course, preparation depends on where you’re going and what you will be doing. The American Diabetes Association (ADA) provides some good travel tips, especially if you’re planning a long trip or going abroad.

Here are some of the important tips from ADA:

- **Check in with your child’s doctor before leaving.**
- **Ensure good blood glucose control.** If your child’s blood sugars are not well controlled, allow enough time to improve control before you hit the road or take to the skies. If you are having difficulty getting in good control, consider seeing a certified diabetes educator (CDE) for help.
- **Get a letter and prescription from the doctor.** Ask for a letter and a prescription with a list of any medications or insulin your child takes every day. The prescription will cover you if you run out of or lose your insulin or medication while away. Prescription laws may vary from state to state. Prescription laws are different if you are traveling abroad. The International Diabetes Federation can assist you in an emergency. The ADA recommends that you read the list of International Diabetes Federation groups—visit idf.org.
- **Wear a medical ID bracelet or necklace.** It is important for your child to wear identification that states they have diabetes and includes a phone number to call in an emergency.
- **Pack extra medication and insulin.** Aim for about twice as much as you think you’ll need. If you fly, keep insulin and medications with you in a carry-on bag so they won’t get lost.
- **Keep snacks available.** Bring well-wrapped, air-tight snacks especially if you are flying. Bring snacks such as crackers, cheese, peanut butter, energy bars, fruit and some form of sugar, such as hard candy or glucose tablets, to treat low blood glucose.

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• **Protect supplies from heat.** Insulin stored in very hot or very cold temperatures may lose strength. Don’t leave insulin in a hot parked car! Meters and supplies are also sensitive to extreme temperature. If you’re camping or backpacking, consider storing insulin or meter supplies in a cooling pack made specifically for diabetes supplies. Try frioinsulincoolingcase.com.

• **Monitor your child’s blood glucose more often.** Jet lag or extra activities may make it hard to tell high or low blood glucose. Time zone changes may require some adjustments to meals, exercise, and times for insulin. Be sure to talk with your doctor or diabetes educator for help in planning when to take your long-acting insulin due to time zone changes.

• **Carry hypoglycemia treatment.** If you are more active than usual, your glucose may go low. Be prepared by carrying snacks and glucose tablets or gel with you if there’s a possibility that meals may be delayed or missed.

• **Glucagon for emergencies.** Glucagon is the best treatment if someone with diabetes is unconscious or unable to swallow. The length of time a person is unconscious is more of a concern than how low the blood glucose number is. Ask your healthcare provider for a prescription for Glucagon or GlucaGen and for instructions on how to use it. Instruct your family members or traveling companions on how to use this in an emergency.

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**Fruit and Cheese Kabobs**

These delicious kabobs are a great snack for kids and adults. You can experiment with different summer fruits, such as melon, blueberries, or pineapple. Anything that is fresh and in season is good to try!

**Ingredients**
- 8 strawberries, hulled and cut in half
- 16 grapes
- 2 kiwis, peeled and sliced
- 3 light string cheese sticks, each cut into 4 pieces
- 4 wooden skewers

**Instructions**
1. To make skewers, alternate strawberries, grapes, kiwi slices, and cheese on one skewer (4 strawberry halves, 4 grapes, 2–3 kiwi slices and 3 pieces cheese per skewer).
2. Repeat the process for the remaining 3 skewers.

This recipe serves 4 and takes about 10 minutes to prepare.

**Nutritional Facts**
- Serving size: 1 kabob
- Calories: 85
- Carbohydrate: 12 g
- Protein: 5 g
- Fat: 2.0 g
- Saturated Fat: 0.8 g
- Sugar: 8 g
- Dietary Fiber: 12 g
- Cholesterol: 5 g
- Sodium: 115 mg
- Potassium: 220 mg

Recipe adapted from American Diabetes Association recipes for healthy living at Diabetes.org/recipes.

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For more diabetes travel tips, visit Diabetes.org.

Happy trails and safe travel wherever you roam this summer.

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Counterbalance
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Healthy Summer Swimming

Think of summer, and you often think of diving into a cool pool, swimming out into the waves, or hanging out on the beach. Summer is swim season for anyone who enjoys a cooling swim in the pool, lake, river, or ocean. Some of us need to be coaxed out of the water to reapply sunscreen, to take bathroom breaks, and even to eat lunch. But being smart about the water and taking a few precautions will make summer swimming safer and healthier for you.

There’s more in the water than H₂O, and it can make you sick. When you swallow or have contact with contaminated water or mists in swimming pools, hot tubs, water parks, water play areas, and interactive fountains, you can pick up germs. It is also important to remember that chlorine and other disinfectants don’t kill germs instantly. With a large number of people in the pool, the chlorine that kills germs gets used up quickly. That is why most public pools ask you to shower before entering the pool, and to get out of the pool to use the bathroom. It is always good to remember that keeping germs out of the water is vital for everyone’s health.

Here are some important “rules” to remember to keep your pools and swim parks safer for everyone:

- **Don’t swim when you have diarrhea.**
- **Shower before you start swimming.**
- **Take a bathroom break every 60 minutes.**
- **Wash your hands after using the toilet.**
- **Don’t swallow the water you swim in.**
- **Don’t swim in a pool unless the water is clean and clear.**

Did you know?

- Swimming is the fourth most popular recreational activity in the United States, according to a recent report done by the United States Census Bureau.
- Swimming is good for your heart and lungs.

For more information about keeping water healthy for swimming, visit the CDC website at: [cdc.gov/healthywater/swimming/rwi/index.html](http://cdc.gov/healthywater/swimming/rwi/index.html).
SUNSCREEN UPDATE

Did you know that sunscreens are designed to remain at original strength for up to three years? This means that you can use leftover sunscreen from one year to the next. But be sure to discard sunscreen that is more than three years old, has been exposed to high temperatures, or has obvious changes in color or consistency.

Some sunscreens include an expiration date—the date when it’s no longer effective and should be discarded. If you buy sunscreen that doesn’t have an expiration date, write the date of purchase on the bottle. Be choosy when selecting a sunscreen. According to Consumer Reports’ annual sunscreen test, only two of the 20 sunscreens they tested provided the promised level of SPF (sun protection factor) after being in water. Only seven of the 20 earned their recommendation. Note: Consumer Reports experts only tested sunscreens that claimed to be broad spectrum (protect against both UVA and UVB rays), water-resistant, and at least SPF 30. Their experts also considered cost when making their recommendations.

Also, the Food and Drug Administration (FDA) only regulates three claims made by sunscreen makers: SPF, broad spectrum, and water resistance. The FDA requires sunscreen makers to test their products, but doesn’t verify the testing. The FDA has banned the use of the words “sunblock,” “sweatproof,” and “waterproof,” so if you own a bottle that has those words on the label, you should probably throw it out.

UVB rays can cause both sunburn and skin cancer. UVA rays are responsible for aging the skin, and they contribute to skin cancer, including the most deadly form known as melanoma.

The seven sunscreens that earned a Consumer Reports recommendation in 2014 are:

- Banana Boat’s Ultra Defense Max Skin Protect SPF 110 spray, at $1.75 an ounce.
- Bullfrog Water Armor Sport InstaCool SPF 50+ spray, at $1.67 an ounce. This was one of the two sunscreens that lived up to its SPF claim.
- Coppertone Water Babies SPF 50, at $1.38 an ounce.
- Neutrogena Ultimate Sport SPF 70+ lotion, at $2.75 an ounce.
- Target’s Up & Up Spray Sport SPF 50 spray, at $0.80 an ounce.
- Walgreens’ Well Sport SPF 50 spray, at $1.58 an ounce.
- Walmart’s Equate Ultra Protection SPF 50, at $0.56 an ounce.

For more information on sun protection and sunscreens, visit: skincares.org.