

Diabetes and hot weather - staying safe in the heat

Whether you are going on holiday or simply spending some time outdoors in the heat, high temperatures and the close humidity do have an influence for people with long term conditions such as diabetes.

This may partly be explained by increased activity in hot weather, but there is no doubt that the heat does affect some people with diabetes in other ways.

What problems can hot weather cause for people with diabetes? Dehydration is a major issue in hot weather, and higher blood glucose levels can further increase this risk.

People with diabetes need to increase their intake of fluids in hot weather, drinking regularly during the day and focusing on drinking water.

One of the major concerns regarding diabetes and hot weather is the risk of blood sugar levels rising or falling and causing hypoglycemia or hyperglycemia.

What are the hypo risks from hot weather?

Hot weather can increase the risk of hypoglycemia for those on blood glucose lowering medication.

The body's metabolism is



higher in hot and humid weather which can lead to an increased chance of hypoglycemia.

Hypos may be slightly harder to spot in hot weather.

Don't be tempted to disregard hypo symptoms, such as sweating and tiredness, as a result of hot weather as it could be a sign of hypoglycemia.

Take extra care when driving and test your blood sugar before

and after each journey and stop regularly to check your blood sugar if taking longer journeys.

To prevent hypos, be prepared to test your blood glucose more often, particularly if taking part in physical activity in hot weather.

Keep a source of fasting carbohydrate, such as glucose tablets, to hand.

You may need to adjust your

insulin levels during changes in temperature. If you are experiencing higher or lower blood sugar levels and need advice about adjusting your insulin levels, speak with a member of your healthcare team.

What are the symptoms of heat exhaustion?

Heat exhaustion is higher risk for people with diabetes.

Symptoms of heat exhaustion

include:

- Sweating more than usual
- Dizziness
- Cramping muscles
- Clammy skin
- Headaches
- Fast heartbeat and
- Nausea.

By resting and drinking more water you can avoid heat stroke, which is considered a medical emergency.

What about hot weather and medicine?

When carrying diabetes supplies which need to be kept cool, such as insulin, the heat of summer can be a problem.

Get around this by keeping your medication away from direct sunlight and carrying cooling packs, which keep medication cool.

Blood testing in hot weather

Test strips are sensitive to temperature as well. Test your blood sugar in a cool, shaded place and keep your test strips away from direct sunlight as well.

With good preparation, there is no reason why hot weather can't be a real pleasure!

The write-up is compiled by Dr Shahjada Selim, Assistant Professor at Bangabandhu Sheikh Mujib Medical University. Email: selimshahjada@gmail.com

ACHIEVEMENT

Elimination of HIV and syphilis in Cuba

Cuba became the first country in the world to receive validation from the World Health Organisation (WHO) that it has eliminated mother-to-child transmission of HIV and syphilis.

Every year, globally, an estimated 1.4 million women living with HIV become pregnant. Untreated, they have a 15-45% chance of transmitting the virus to their children during pregnancy, labour, delivery or breastfeeding. However, that risk drops to just over 1% if antiretroviral medicines are given to both mothers and children throughout the stages when infection can occur.

Nearly 1 million pregnant women worldwide are infected with syphilis annually. However, simple, cost-effective screening and treatment options during pregnancy, such as penicillin, can eliminate most of these complications.

Mother-to-child transmission of these diseases is considered eliminated when the rates of infection are brought to levels so low as to be considered no longer a public health problem. In the case of HIV, this is defined as fewer than 2 in every 100 babies born to women with HIV, which is the lowest rate considered possible with the prevention methods currently available. In the case of syphilis, elimination is defined as less than 1 case for every 2,000 live births.

As part of the regional initiative, Cuba has worked to ensure early access to prenatal care, HIV and syphilis testing for both pregnant women and their partners, treatment for women who test positive and their babies, substitution of breastfeeding, and prevention of HIV and syphilis before and during pregnancy through condom use and other prevention measures. As a result of these efforts, in 2013, only two babies were born with HIV in Cuba, and only three were born with congenital syphilis — reflecting transmission rates below the elimination thresholds.

HEALTH bulletin

Water Quiz

How much do you know about hydration?

STAR HEALTH DESK

Should you drink at least eight glasses of water every day?

There's no evidence to back that up. The Institute of Medicine recommends that men get about 125 ounces of water daily and that women get 91 ounces, but that includes water from all foods and beverages.

How much of their water do people typically get from food?

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water.

Can exercise in hot, humid conditions make you dehydrated?

It does not take long to get dehydrated — especially in hot, humid weather. So don't exercise hard, outdoors, when it is too hot and humid. You will need to take longer breaks, shorten the workout or intensity level, and dress appropriately.

While exercising, should most people break for water?

On average, you should take a rehydration break about every 20 minutes. Most people would stay adequately hydrated by drinking 5 to 10 ounces of fluid every 20 minutes. But your exact need depends on things like how hard you are working, whether you are indoors or outdoors, and your age, gender, and weight.

Which drink is the most dehydrating?

Alcoholic beverages have the most dehydrating effect. Coffee and other caffeinated drinks do make you urinate more, but overall, they are hydrating because of their water content. Juices, sodas, and other sweet drinks also are hydrating. Water is usually a better choice for hydration because it does not have extra calories.

How much water does the average adult lose every day naturally?

You lose about 10 or more cups of water every day just living: breathing, sweating, urinating, etc. Eating and drinking usually make up for it.

Does drinking water help you lose weight?

Water could help with weight loss. Studies show that by drinking water, people tended to eat and drink fewer calories, probably because the water filled them up. As a result, they lost weight.

Should you avoid drinks and snacks with sodium when you are trying to rehydrate?

Sodium is something your body needs when you are trying to rehydrate, either during or after exercise. That is why sports drinks are often rich in sodium — one of the electrolytes your body loses during exercise. Drinks and snacks with sodium also can trigger thirst and help you retain fluids. But too

much salt can raise your blood pressure and worsen heart conditions in some people.

Can you drink too much water while exercising?

It is possible to drink too much water. Healthy kidneys in an adult can process anywhere from 20 to 1,000 milliliters of fluid per hour. It is not easy to overload them, but it can happen. Getting too much water, especially in a short time, is dangerous. Symptoms of too much water include weight gain, bloating, nausea, and vomiting. Sudden cases of water intoxication can cause low blood sodium, which can result in headaches, confusion, seizures, and coma.

Which is an early warning sign of dehydration?

Thirst is one of the first warning signals that you may be getting dehydrated. But don't rely on thirst alone. Other early signs are fatigue, flushed skin, faster breathing and pulse rate, and having trouble exercising. Later signs include weakness, dizziness, and labored breathing.

If you think you are becoming dehydrated, you should move to a cool place and rehydrate. Drink fluids slowly — drinking too fast can stimulate urination, resulting in less hydration.

Source: www.webmd.com

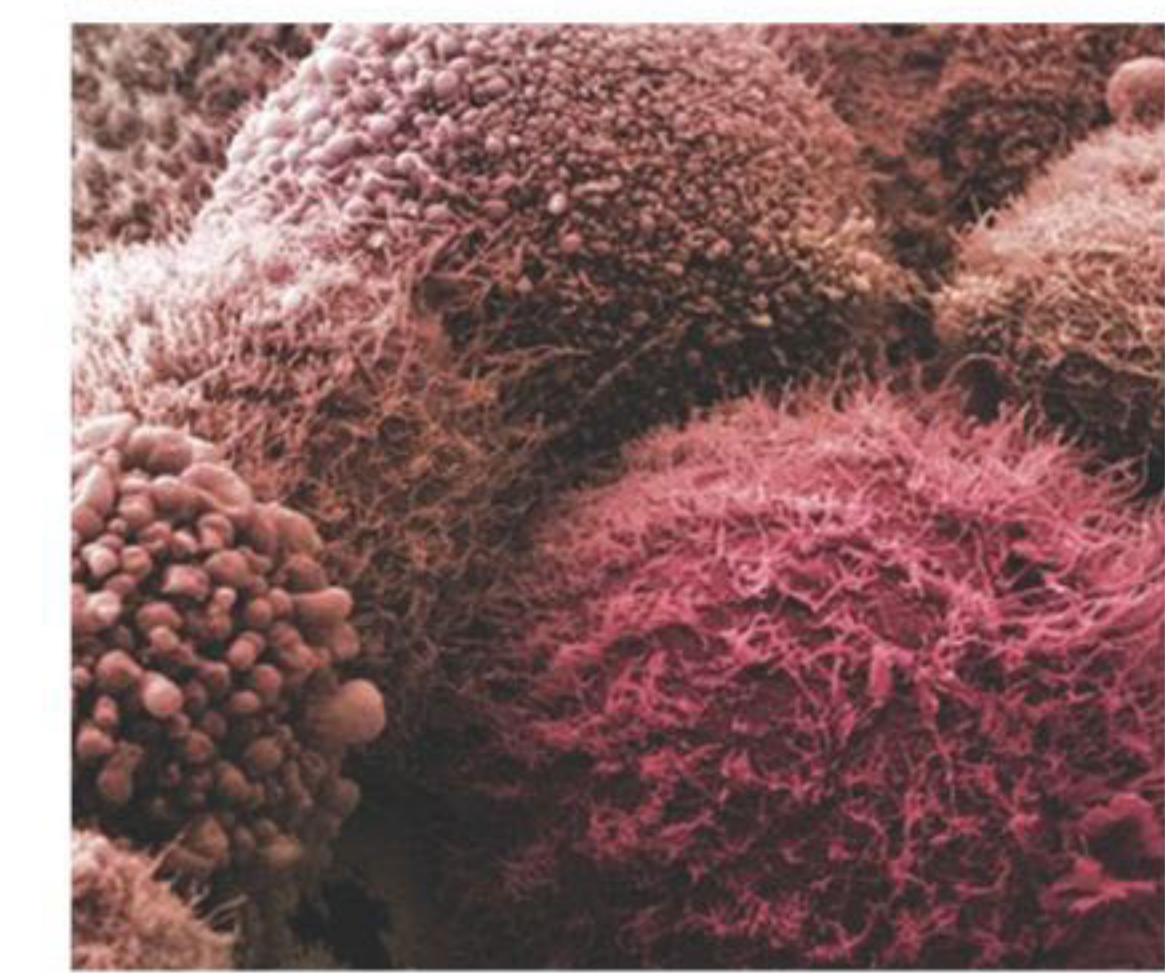
Pancreatic cancer urine test 'hope'

A simple urine test that could detect pancreatic cancer much earlier than at present has been developed by scientists. They found a protein "signature" only present in people with the disease.

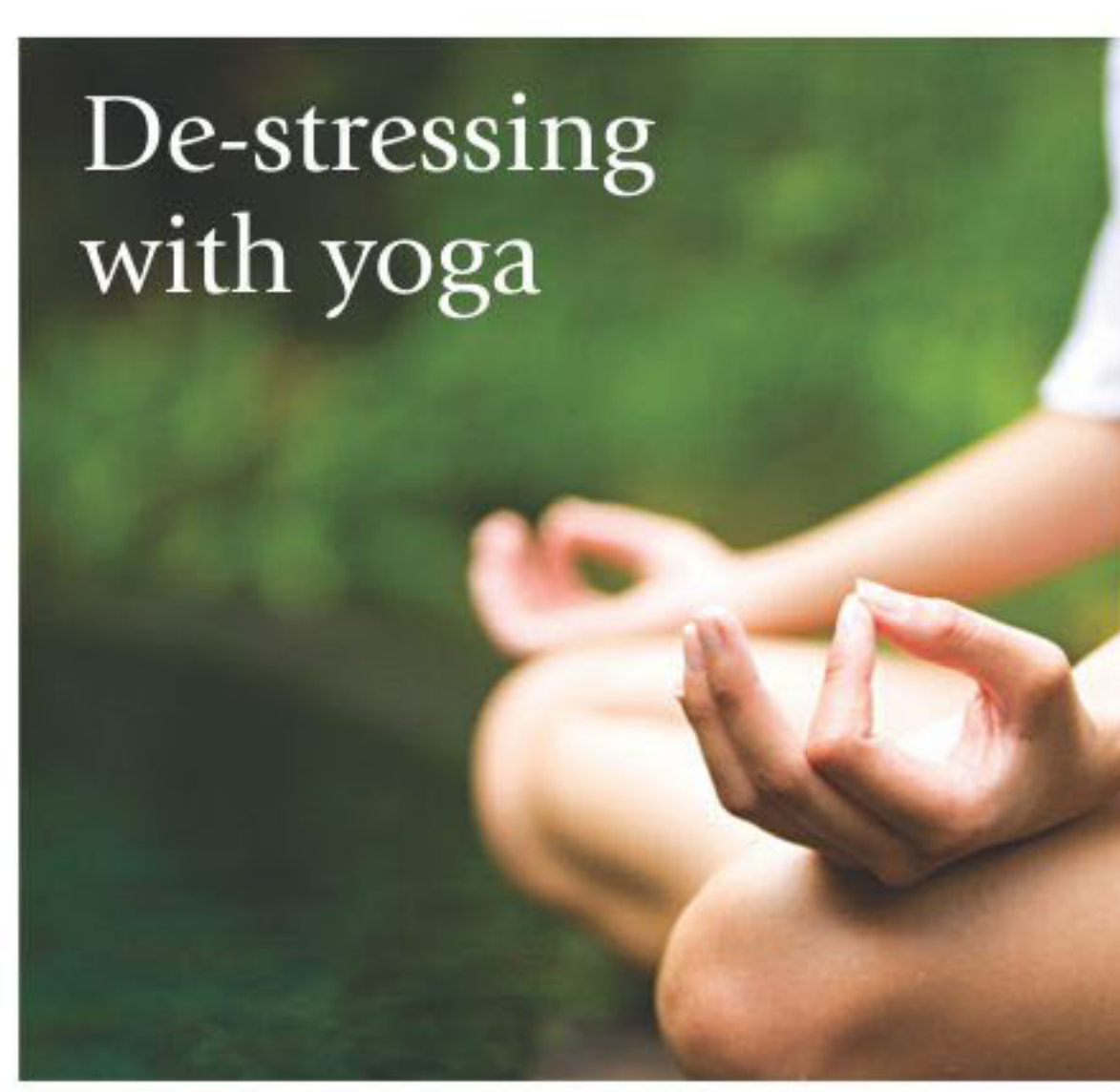
Pancreatic cancer is often very advanced by the time it is diagnosed - and only 3% of patients are alive five years after diagnosis. It has the lowest five-year survival rate of any common cancer and one that has barely improved in 40 years.

More than 80% of people with the disease are diagnosed when it has already spread, so they are not eligible for surgery to remove the tumour - currently the only potential cure.

Those at higher risk include people with a family history of the cancer, heavy smokers, obese people and people over 50 who are newly diagnosed with diabetes.



Pancreatic cancer cells



De-stressing with yoga

Yoga releases tension in muscles through stretching: Yoga uses techniques to lengthen, stretch and relax muscles while simultaneously working with your breath.

Enhances intake of oxygen to blood through breathing: Breathing techniques involved in yoga are very effective in improving the oxygen consumption in the body.

Causes release of endorphins: The endorphins are the body's natural painkillers and are extremely useful in relieving overall physical pains and aches.

Improves restful sleeping: A new study indicates that yoga can help to improve sleep among people suffering from chronic insomnia.

Relieves the mind from whirling thoughts and feelings that feed anxiety: Yoga helps to access an inner strength that allows to face the sometimes-overwhelming fears, frustrations, and challenges of everyday life.

The write-up is compiled by Shazia Omar, a yoga instructor. E-mail: shaziaomar@gmail.com



August

National Immunization Awareness Month

Stunted baby is the main risk due to lack of Immunization

Immunization

- Maintains proper health & physical growth
- greatly reduced the burden of infectious diseases
- vaccines are far safer than therapeutic medicines
- Immunizations can save your family time and money
- Lowers morbidity & mortality rates in children
- Keeps future generation safe & secure

vaccines

prevent more than **2.5** million child deaths globally in **Each year**



In Search of Excellence

