

Diabetes & You

Enjoying Your Vacation: Seven Tips For Healthy Travel With Diabetes

(NAPSA)—A vacation should be a pleasant, stress-free time when concerns are pushed to the side in favor of total relaxation. But for the more than 21 million Americans living with diabetes, the stress of managing fluctuating glucose levels and maintaining proper insulin levels cannot be avoided, and, in fact, can increase with travel.

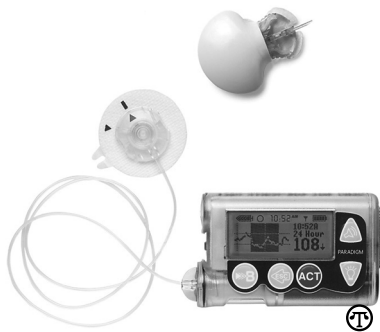
Type 1 diabetes is an autoimmune disease in which the body produces little or no insulin, a necessary hormone needed to convert sugar (glucose) and other carbohydrates. As a result, people with Type 1 diabetes must constantly monitor their glucose levels and administer the appropriate amounts of insulin to avoid dangerous highs and lows that can lead to hypoglycemic and hyperglycemic episodes.

For people with Type 1 diabetes, an insulin pump provides the opportunity to go on vacations without worrying about administering insulin injections throughout the day. Unlike injection therapy, insulin pumps can be programmed to deliver insulin at varying rates to meet patients' changing insulin needs throughout the day and night. Mimicking the way a natural pancreas regulates insulin in the body, the pump offers patients the ability to maintain healthy glucose levels, offering greater freedom and spontaneity in all aspects of life, including vacation.

Even with the benefits of the insulin pump, planning ahead can alleviate unforeseen problems and reduce travel-related stressors. By following the simple travel tips below, people can look forward to a healthier and happier vacation—despite having diabetes.

7 Tips For Traveling With Diabetes

1. Always carry all medications, snacks and supplies in your carry-on luggage, as this can be



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critical if your luggage is lost, your flight is delayed or if you are otherwise separated from your checked luggage for an extended period.

2. Test your blood glucose more often than normal. Blood glucose levels can change due to stress, illness or changes in activity and eating while traveling. If possible, consider using a continuous glucose monitor (CGM) that reviews glucose levels in real time.

3. Wear or carry a medical ID indicating you have diabetes.

4. Make sure you get up and walk the aisles during long flights to help encourage good circulation, and drink water to avoid dehydration.

5. Carry a copy of all prescriptions separate from checked luggage in case your bags are lost or you need more insulin.

6. Always pack at least double the amount of supplies that you think you will need while away.

7. Have a carbohydrate for low blood glucose treatment on hand, and at least one day's supply of food, such as nutrition bars, which are easy to carry.

For more information about Type 1 diabetes, insulin pump therapy and CGM, visit www.realdiabetescontrol.com.