

# HEALTH AWARENESS

## Dealing With Disasters Or Travel Can Be Managed More Easily By The 20.8 Million Americans With Diabetes, Thanks To Two New Publications Offered By ADA

(NAPSA)—A new book and booklet could help many of the 20.8 million Americans with diabetes better manage their condition.

### Safe Travels

The book dispels a number of myths and facts surrounding diabetes and travel:

**Myth:** It's not safe for someone with diabetes to drive in an emergency situation.

**Fact:** As long as there is access to a source of glucose in case of hypoglycemia and regular blood glucose checks, people with diabetes can drive safely.

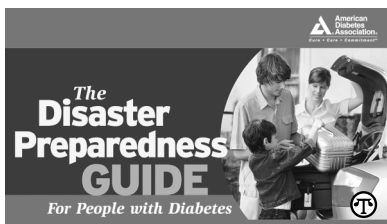
**Myth:** People with diabetes can't fly because security restrictions won't allow them to carry insulin/diabetes supplies on the plane.

**Fact:** As long as people have documentation from a doctor stating that they have diabetes and a copy of their prescriptions, they can carry their diabetes supplies with them on the plane.

**Myth:** Insulin is the same around the world, so if you're unexpectedly stranded in another country, any insulin will do.

**Fact:** Insulin is distributed in different strengths in different countries. Always check with the pharmacist in the area you are in to learn how much insulin you should take.

Called "The Diabetes Travel Guide" and released by the American Diabetes Association, the guide also includes information on preparing and packing necessary supplies for a trip; traveling by land, sea or sky; eating well; coping with unexpected illness and more.



**A new guide could help people with diabetes maintain their care during a disaster.**

### Disaster Preparedness

It's important that diabetics take care of their conditions, even when a disaster strikes.

"In an emergency situation, it's easy to become preoccupied and let one's diabetes care plan slip. This could cause a person to become very sick, creating another emergency for him and his family," explains Vivian Fonseca, M.D., MRCP, Chair ADA Disaster Response Task Force and professor of medicine and pharmacology, Tulane University School of Medicine.

The American Diabetes Association's "The Disaster Preparedness Guide For People With Diabetes" may help. It offers specific advice on how to prepare for emergencies. The book includes tips such as: Always be certain your medication is well stocked and make sure people in your family know about your condition and any special dietary needs you may have.

"Everyone needs to be prepared for emergencies—but a person with diabetes has additional issues to consider," says Dr. Fonseca.

To order either guide, visit <http://store.diabetes.org> or call 1-800-232-6733.