Managing Diabetes in the Summer (Heat)

At hot temperatures, insulin and glucagon can degrade or break down. To prevent this, try not to keep insulin in direct sunlight or in hot cars. Consider a case to keep your insulin cool when in the sun for long periods of time.

Physical Activity

If you are more active during the summer, remember increased physical activity may lower blood sugar levels and cause some people to have hypoglycemia. Be sure to check blood sugars before and after activity! Always carry treatment for lows.

Hydrate!

Dehydration is dangerous and can cause blood sugar spikes. Be sure to hydrate throughout the day. Along with water, consider seltzer, fruit-infused water, or naturally flavored water to spice things up! You may also try a motivational water bottle.

Wear Sunscreen

Sunburns can cause extra stress to our body, which may lead to blood sugar spikes.

Lastly, enjoy your summer!!

Important Administrative Updates

School Forms

- Fill out the school form request (included in the listserv email and/or find here) and email it to our office at WCMpedsendo@med.cornell.edu.
- When requesting school or camp forms, please be aware that it will take up to a week for them to be completed (due to high demand), so plan accordingly.

In-Person Appointments

- While video visits have become a useful tool in diabetes care, patients should continue to be seen in-person. In-person visits occur every 3 to 6 months.

Call Us!

- As a reminder, if you have an urgent matter please call our office. Do not email or message us with any urgent requests. There is a doctor on-call 24/7 even after the office closes. Call 646-962-3442, option 3, and wait for the appropriate prompts.
- Mychart messages are a wonderful way to reach out with general questions. Please note if you send a Mychart message after hours, it will not be delivered until the next business day.

Pump and Sensor Downloads

- Prior to in-person and video visits, please download your pump and/or sensor at home. This allows for a more productive appointment. For information on how to download your device, please see the links below:
  - Dexcom®: clarity
  - Medtronic®: carelink
  - Omnipod®: Glooko
  - Tandem®: T connect

What’s happening at NewYork-Presbyterian Weill Cornell?

- JDRF One Walk
  - Join us as we walk to advocate for and support the 1.6 million Americans living with Type 1 Diabetes. As of now, the walk is virtual, though stay tuned!
  - September 25, 2021
  - Join our team at: http://www2.jdrf.org/goto/nypcornell
Koree Richardson, MPH, is one of the patient coordinators for the Pediatric Endocrinology team at Weill Cornell Medicine

About: “I was born and raised in Brooklyn, NY. I have been working with the Cornell Diabetes Team for the past 7 years and enjoy participating in programs that help educate our patients, as they become more independent in their Diabetes management. In my spare time, I love to travel, both locally and abroad, listen to music and spend quality time with loved ones.”

Advice/Tip: Summer is finally here! If you plan on traveling, especially via air, be sure to reach out to our office in advance for a travel letter that explains your need to travel with insulin and Diabetes supplies.

Reminder: You can always reach out to your providers with any questions at 646-962-3442, or email WCMpedsendo@med.cornell.edu or Mychart/Cornell Connect

Dietitian Corner:

**Summer Recipe: Overnight Oats**

Ingredients
- ½ cup of dry oats (steel cut, rolled, quick)
- ½ cup of fruit of choice (berries, banana, cubed apples or mango)
- 1 cup of milk (may also use a nut milk)
- Optional toppings- chia seeds (1 tbsp), peanut butter (1 tbsp.), mixed nuts, unsweetened coconut flakes

Directions:
1. Mix all ingredients in a jar (can use a mason jar)
2. Refrigerate overnight
3. Enjoy in the morning! Optional-add fruit to the top

Carbohydrate amount: varies-using berries is about 50-55 grams