

TIPS ON TRIPS

Travel Tips For People With Diabetes

(NAPSA)—For most, a vacation involves picking a place, packing up your bags and taking off.

For the 18.2 million Americans living with diabetes, getting ready to travel requires much more than choosing a destination and packing a suitcase. Medication and supplies, as well as meal times, must take a front seat when planning a vacation.

“Even if heading out for just a day trip, it’s essential to prepare for travel, especially if traveling with diabetes,” says Davida F. Kruger, diabetes expert and author of *The Diabetes Travel Guide*.

“Be ready for the unexpected, including delayed flights, traffic and lost luggage. Bring what you need, plus a little extra. Being a well prepared traveler is the key to having a fun and relaxing vacation.”

Kruger recommends the following tips to ensure a winning trip.

Understand Your Health Insurance Plan. Wherever the destination, call ahead to fully understand how your particular health plan works in that area. In case of an emergency, wear a medical identification bracelet and carry a letter from a health care professional that outlines medical conditions and allergies.

Double up on Necessities. It’s important to pack twice as many diabetes supplies and medications than would typically be needed. The extra supplies will come in handy if illness, flight delays, misplaced supplies or other unforeseen situations arise.

Pack with a Purpose. Carry diabetes medications and supplies at all times. Never pack diabetes medications in the luggage to be checked. With heightened airport security, those with health conditions should carry a letter from a health care professional stating medical history, doctor’s contact



One way people with diabetes can plan ahead before departing on a trip is to take snack foods that minimize blood sugar peaks.

information and any medications that they are carrying with them.

Prepare for the Missed Meal. Situations may arise that prevent you from eating, which can have a severe effect on blood sugar levels. In case of missing a meal, unsavory food selection, or delayed travel, carry fruit, crackers or a Glucerna Shake or Bar. These shakes and bars are specifically designed for people with diabetes and contain a unique blend of carbohydrates clinically shown to help manage blood sugar levels.

Avoid a Zone Out. If traveling to a time zone that’s a three hour change or greater, modify the time your diabetes medication or insulin is taken. Discuss this arrangement with a health care professional prior to traveling.

It is important for people with diabetes to plan ahead extensively before departing on a trip. For more helpful tips and information for people with diabetes or to receive a free quarterly newsletter (*In Control*), visit www.glucerna.com or call 1-800-986-8501 extension 920. For more information or to purchase *The Diabetes Travel Guide*, visit the American Diabetes Association’s Web site, www.diabetes.org.