

FOR IMMEDIATE RELEASE:

Holiday Traveling Tips and Essentials for People Living with Diabetes

WESTPORT, Conn., Nov. 18, 2010 – For people living with diabetes, “don’t leave home without it” has an extra cautionary note. As America faces its busiest most traveled week of the year, if you have diabetes you need to be especially prepared for delays, lost luggage and limited healthy food options. Airports and highways will be saturated with people going away and inevitably leading to unexpected anxiety and stress.

dLife.com, is the go-to [holiday travel resource](#) for people living with [diabetes](#). Start with these helpful tips to get you through being away from home:

- Double the amount of diabetes medicine and supplies you might need and put it in your carry-on luggage.
- Be prepared for a low; pack healthy snacks, extra glucose gel or tablets.
- Check to see if a healthy meal is going to be available. If not, bring your own.
- Always bring your medical insurance card and know an emergency number to call, just in case.
- Wear medical identification.
- Try to tell at least one person you’re traveling with about your diabetes, and explain the symptoms of a [low blood sugar reaction](#) (sweating, dizziness, confusion). If traveling alone, tell a flight attendant or conductor that you have diabetes.
- Bring at least one if not two [Glucagon kits](#) if you use insulin and pack insulated bags and blue ice to keep insulin cool.
- Don’t leave medication in the trunk or glove compartment where they can heat up.
- Avoid going barefoot, even in the shower or pool.
- Move around every one to two hours to increase comfort and reduce risk for blood clots.

"Diabetes doesn't take a holiday so remember to plan ahead when traveling. Stay as close as possible to your usual blood testing routine and test more often if you're changing time zones. Planning where to test will reduce stress and help improve blood sugar control," says Susan Weiner, R.D., M.S., C.D.E., C.D.N. Susan is a successful nutritionist in a private practice, specializing in sports nutrition, weight management, diabetes and metabolic disorders.

Also go to dLife.com for additional content on the [top items to take with you on vacation](#) and [tips for air travel](#).

For more information on self-management tips during the holidays please go to dLife.com/travel or to setup an interview with one of our diabetes educators and experts please contact Mary Anglade at anglade@dlife.com or 203-221-3443.

About dLife - For Your Diabetes Life

[dLife](http://dLife.com) is the number one diabetes community network with over 1.2 million registered members. Its award-winning media outlets provide this growing population with the information, inspiration, and connection to engage people with diabetes in better self-management. dLife.com, the leading online destination for diabetes consumers and caregivers, attracts over one million unique visitors each month and features the widest and deepest variety of content resources anywhere. *dLifeTV*, is the only lifestyle TV series for people with diabetes, airing every Sunday on CNBC (7 p.m. ET, 4 p.m. PT); and other consumer and professional programs to engage people living with diabetes and those who care for them in positive and pro-active self-care leading to better health outcomes.