



Avoid Overheating in the Summer Sun!

Summertime in Louisiana means hot, humid weather. Spending too much time in those conditions can increase your normal body temperature (98.6 degrees) to dangerous levels. Prevent a heat related illness from occurring by following these tips to beat the summer heat:

- Pay attention to weather reports and adjust daily routines accordingly.
- Schedule physically strenuous activities for cooler times.
- Dress in light, loose, cotton clothing. Wide-brimmed hats help keep you cool as well.
- Never leave children or pets inside a car, even if the windows are open.
- Get plenty of sleep and eat light, nutritious, and non-fatty meals.
- Be aware that when active in a hot, dry climate salt as well as water are lost in sweat.

GRADE study open to OGB Members

Do you have type 2 diabetes? Would you like to receive diabetes medication and supplies at no cost? If you answered yes, then the Office of Group Benefits (OGB) and Pennington Biomedical would like to invite you to participate in a study aimed at determining the best combination of medications for treating type 2 diabetes.

This study is open to all OGB members who are at least 30 years old and taking Metformin for their type 2 diabetes. If selected to participate in the study, members will receive diabetes medications and supplies at no charge, education and nutritional information, and earn up to \$100 per year of participation.

For more information on the study, visit the Pennington Biomedical clinical trials [website](#). You can also [prescreen](#) to see if you qualify for the study.

Success Stories

“Last May I was diagnosed with prediabetes when I had the check up by Catapult. I had just a few years ago witnessed my mother die from the results and complications of diabetes. My Catapult nurse practitioner suggested the “Prevent” program, which I immediately signed up and started. I had my yearly checkup with my primary care physician a few days ago and can say with such enthusiasm I have reversed my prediabetes. I am so Thankful to Catapult, for getting me in line. I will continue to watch my weight and diet! Thank you!!”

- Karen Aulds, LSP

“Thank you for your guidance. At my visit, I was advised that in addition to critically high blood pressure and obesity, I have symptoms of metabolic syndrome. I have met with my primary care physician and am

starting a new medicine for my high blood pressure.”

Do you have a similar success story? Please [email us](#) and we will tell YOUR story in a future newsletter.

Upcoming Clinics

To date there are more than 60 clinics scheduled throughout the state for the month of July. To find a date and location that works best for you, visit www.timeconfirm.com/ogb. (*Dates and times are subject to change.*)

Don't Forget the Water!

Since water makes up more than two-thirds of the weight of the human body, keeping properly hydrated during the summer months is very important to your overall health. When leading a healthier lifestyle, one of the simplest changes you can make is drinking more water instead of beverages loaded with sugar and calories.

“Do’s and Don’ts” for keeping hydrated:

Do’s

- ✓ Drink at least 8 glasses of water a day to remain hydrated.
- ✓ Drink 8-10 oz. of water every 15 minutes during a run and another 10-12 oz. immediately following a workout.
- ✓ Have children take water breaks every 15-20 minutes while playing outside or participating in a sports activity. Get kids in the habit of always carrying cold water when they go outside to play (ride bikes, skateboard, etc).
- ✓ When packing the car for a weekend trip, don’t forget to include water in the cooler. Freeze a partially full bottle of water the night before a trip and fill it with more bottled water before you leave and you’ll have instant chilled water.

Don’ts

- ✗ Don’t wait until you feel thirsty to drink water, you’re already experiencing the signs of dehydration.
- ✗ Don’t substitute soda or juice as a proper beverage to prevent dehydration. Most sodas contain sugar and caffeine which may speed up dehydration.
- ✗ Don’t drink surface water from lakes, rivers or pools. This water is often untreated and could contain harmful contaminants.
- ✗ Don’t expect the coach or other adult supervisors to provide beverages for children during sports activities or summer camp.

Healthy Summer Snacking

Ice cream and snowballs are a traditional summer treat, but they are high in calories and sugar. Substitute those sweet treats with this healthy alternative:

Summer Smoothie

- 1 cup plain low-fat yogurt (frozen)
- 1 cup apple or pineapple juice
- 5 strawberries
- 1 banana
- 3 ice cubes (crushed)

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve at once.

Makes 3 Servings

For more information, visit us at www.bcbsla.com/ogb

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