



QUEST HEALTH
SOLUTIONS

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SUPERCARGE YOUR LIFE

Healthy living and inspiration
for people with diabetes



Superfood Spotlight: ALL ABOUT WATERMELON

For many, a crisp, juicy watermelon is the quintessential summer treat. But did you know that watermelons are actually packed with vitamins and antioxidants? Plus, since it has high water content and a bit of fiber, it's a better choice for a sweet treat when consumed in moderation.

Although watermelon has a relatively high glycemic index (72), its glycemic load is fairly low (5). This means it's less likely to cause a major spike in blood sugar, especially when compared to other sweet summer refreshments. To further minimize the impact on blood sugar, you may also consider pairing watermelon with a dish that contains fat or protein.

At over 90% water, a cool slice of watermelon is both refreshing and hydrating. Like other red fruits, watermelons are also high in lycopene—a potent antioxidant that's both heart healthy and linked to lower rates of cancer and other chronic diseases. It's also a great source of vitamins A and C and a good source of both magnesium and potassium.



Healthy Living Tip: DO YOU KNOW THE DIFFERENCE BETWEEN HEAT EXHAUSTION AND HEAT STROKE?

Summer is a time for enjoying the outdoors with family and friends. But too much time outside on a hot day can also be dangerous.

People living with diabetes can be at higher risk for both heat exhaustion and heat stroke. Knowing the signs of these conditions can help you safely enjoy outdoor activities this summer. It's also important to be able to recognize the difference, since heat stroke is an emergency that requires immediate medical attention.



Although some symptoms of heat stroke can seem like simple exhaustion, look out for dry, hot, red skin and high body temperature to tell the difference.

Heat Exhaustion

What it looks like:

- Skin is cold and clammy
- Heavy sweating
- Pulse is light and quick
- Muscle cramps
- Extreme thirst
- Headache
- Dizziness
- Nausea or vomiting

What to do:

- Hydrate with water or electrolyte-containing beverages. Do not drink alcohol or caffeine.
- Move into a cooler location, preferably with AC
- Lie down
- See a doctor if the person continues to vomit
- Don't delay! Heat exhaustion can quickly progress to heat stroke if not treated.

Heat stroke

What it looks like:

- Hot, red skin
- No sweating/dry skin
- Rapid heartbeat
- High body temperature (may be above 104)
- Nausea or vomiting
- Headache
- Confusion and/or delirium

What to do:

- Call 911!
- Move the person inside
- Do not give water or fluids
- Use cold compresses to bring body temperature down



Healthy Recipe:

LOWER-SUGAR SUMMER MOCKTAIL

Fruity drinks are a tasty way to cool off on a hot day, but many are packed with calories and added sugars. This simple watermelon slushy is naturally sweet and, unlike fruit juice, retains watermelon's fiber content.

Recipe:

- 1 baby seedless watermelon, cut into cubes
- Fresh squeezed lemon or lime juice (to taste)
- Fresh mint, basil, or cilantro (to taste)

To prepare:

1. Cut one baby seedless watermelon into cubes and place into the freezer for at least two hours.
2. Add cubes to blender along with desired citrus and herbs.
3. Blend until mixture is smooth.
4. Pour into glasses and serve with a citrus wedge. If you like spice, try a chili rimmed glass for a little heat.

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Quicktips: HOW TO NAVIGATE THE SUMMER BARBEQUE

- Focus on portions and how you fill your plate.
- Get a taste of all the foods you love while aiming to have larger portions of non-starchy vegetables and protein rich options.
- Be sure to stay hydrated.
- Volunteer to bring a tasty and refreshing side dish such as this [cowboy caviar](#) so you know you'll have a healthier option.



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