

# SUNDAY MORNING

## Health Corner

### Managing Chronic Conditions in Hot Weather

As **summer temperatures** continue to rise, it's essential to take extra precautions if you're living with chronic conditions such as **diabetes, heart disease, or respiratory issues**. The heat can exacerbate symptoms and lead to serious health complications.

#### Stay Safe During the Summer Months:

**Stay Hydrated:** Aim to drink water throughout the day,

Monitor **Blood Sugar Levels**. Heat can affect blood sugar levels. Carry quick **snacks** in case of a sudden drop.

Watch for symptoms like **dizziness, excessive sweating, rapid pulse, or nausea**.

If you experience any of these, **seek shade, drink water, and cool down** immediately.

Taking proactive steps to **manage chronic conditions** during the summer can help prevent heat-related complications.

Stay safe, stay cool, and prioritize your health as the temperatures rise.

For more **health tips and resources**, visit us at [balmingilead.org](http://balmingilead.org).



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