

## عنوان مقاله:

Travel Guidance for People with Diabetes; A Narrative Review

## محل انتشار:

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## خلاصه مقاله:

Diabetes is a disease which occurs by lack of insulin production or its inappropriate function. Patients with diabetes who take insulin suffer from high blood sugar and face unique challenges while travelling as their schedules for insulin dosage and blood sugar regulation change. Therefore they need to organize carefully how they have to travel, instruments they should take, the actions they must accomplish and vigilances they have to regard. Patients with diabetes have to prepare a list consisting of the type and dosage of medications they should take and tools they must carry which their doctor advice. Although there are general advices for all patients with diabetes, every single one needs specific observations according to his/her physic and health level. Patients with diabetes must gather information about the destination and draw a whole image of their trip in order to take the stress out as much as possible. Meanwhile, they should take all kinds of vaccinations according to their destination at least four weeks before travelling. Special diets and physical actions have to be considered as well and patients must match the taking (of insulin with the destination time and also mind the direction of traveling (north, south, west or east

## کلمات کلیدی:

Diabetes, Travel, patients

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1689385>

