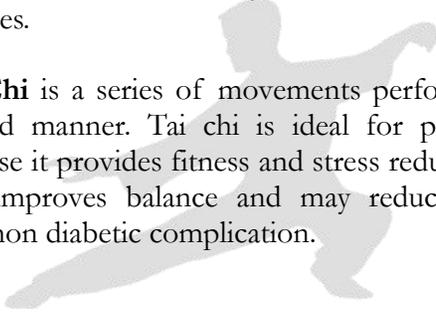


Exercising with Diabetes

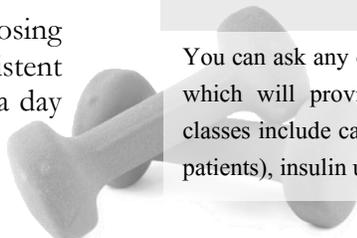


Brisk **walking** done at a pace to raise the heart rate is an aerobic exercise, and studies show beneficial effects when people with diabetes participate in aerobic activities at least three days a week for a total of 150 minutes.

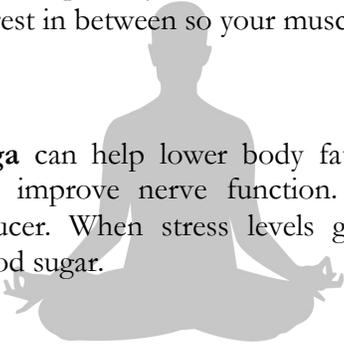
Tai-Chi is a series of movements performed in a slow and relaxed manner. Tai chi is ideal for people with diabetes because it provides fitness and stress reduction in one. Tai chi also improves balance and may reduce nerve damage, a common diabetic complication.



Weight training will help to build muscle mass. Losing muscle mass will make it harder to maintain consistent blood sugar. Try to do this 2-3 days a week, with a day of rest in between so your muscles can recover.



Yoga can help lower body fat, fight insulin resistance and improve nerve function. It's also a great stress reducer. When stress levels go higher, so does your blood sugar.



Swimming is easy on your joints and a great aerobic exercise. It's also easier on your feet, which is crucial to people with diabetic nerve damage.



Anticipating Hypoglycemia

The risk of hypoglycemia associated with physical activity depends on the type, duration, and intensity of the exercise, and should be managed during and after physical activity. Some individuals may need to prepare an hour or two before beginning an activity to ensure their glucose levels are at a safe level. It all just depends on your body.

Did you know?

The American Diabetes Association (ADA) recommends people not go more than two consecutive days without an aerobic exercise session.



How does exercise affect my blood sugar?

Basically, when you exercise, the body uses two sources of fuel; sugar and free fatty acids (that is, fat) to generate energy. The sugar comes from the blood, the liver and the muscles. The sugar is stored in the liver and muscle in a form called glycogen. During the first 15 minutes of exercise, most of the sugar for fuel comes from either the blood stream or the muscle glycogen, which is converted back to sugar. After 15 minutes of exercise, however, the fuel starts to come more from the glycogen stored in the liver. After 30 minutes of exercise, the body begins to get more of its energy from the free fatty acids. As a result, exercise can deplete sugar levels and glycogen stores.

You can ask any of our staff for a referral to Diabetes Education classes, which will provide you with a more comprehensive setting. These classes include carb counting, nutritional therapy (not limited to diabetic patients), insulin use, and/or glucose meter and insulin pump training.

Guidelines for preventing exercise related hypoglycemia:

- Check your blood glucose before exercising to make sure your blood glucose is sufficient and/or consume an appropriate snack.
- Avoid exercise at the peak of your insulin action.
- Avoid late evening exercise. Exercise should be completed 2 hours before bedtime.
- Avoid alcohol consumption prior to or immediately after exercise.
- Avoid hot tubs, saunas and steam rooms directly after exercise. These continue to maintain an increased heart rate and may continue to lower your blood glucose.
- Limit your exercise sessions to 1 or 2 per day. Additional sessions increase the likelihood of hypoglycemia.
- In the past, it was believed that injecting insulin into exercising muscle increased absorption of the insulin resulting in hypoglycemia; now it is believed that the timing and action of the insulin are more likely to be the key factors.
- Check your blood glucose immediately after exercise to prevent low blood glucose from occurring hours after exercise. It may also be necessary to check your blood glucose more often for 2 to 4 hours after exercise. Moderate intense exercise may cause your blood glucose to drop for the next 24 hours following exercise.

THE ENDO REPORT

Issue 2, February 2016



June 18th

11:00 am ~ 3:00 pm

2nd Annual

Diabetes Health Fair

Sylvania YMCA/JCC

6465 Sylvania Ave.
Sylvania, OH 43560

Blood Pressure - Glucose Screening - Meet the Doctor - Ask the Nurse Practitioner

New Patient Scheduling - Information Packets - Snacks - Gifts

Receive a helping hand from Certified Diabetes Educators (CDEs)

CDE's are healthcare professionals who provide expert advice for better diabetes management and are certified by the National Certification Board for Diabetes Educators.

At these sessions you will learn about:

- *What diabetes is
- *The importance of checking blood sugar levels
- *A1C and how it affects blood sugar
- *Meal planning and exercise
- *Medical tests
- *Types of medication to help manage blood sugar

We offer FREE Diabetes Education Classes:

Endocrine Specialists, PC
3830 Woodley Rd. #A-2
Toledo, OH 43606
1st and 3rd Tuesday
of each month
5:30 PM

Endocrine Specialists, PC
15506 S. Telegraph Rd.
Monroe, MI 48161
Thursday, March 17th
4:00 PM - 6:00 PM

Hosted by:
Robin Cutcher, RN, CDE

Diabetes Care Center
5871 Monclova Rd.
Maumee, OH 43537
3rd Monday of each month
6:30 PM - 7:30 PM

Diabetes Support Groups

Living with Diabetes
Education and Support
Group
474 N. Telegraph Rd.
Monroe, MI 48161
3rd Wednesday of each
month
7:00 PM - 8:30 PM