

# Diabetes Today

## Balancing Diabetes And Exercise

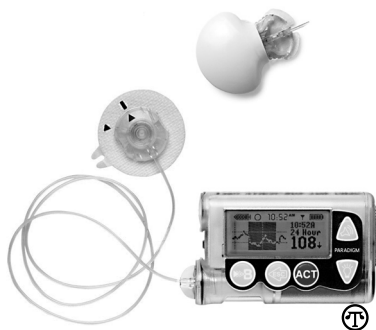
(NAPSA)—Exercise is an essential part of any healthy lifestyle—and can be easier to arrange than you may realize, even though making time to hit the gym or go for a run can be difficult to schedule; and for people with type 1 diabetes, exercise can be even more difficult to manage.

People with type 1 diabetes produce little or no insulin, a necessary hormone needed to convert carbohydrates and other sugars into fuel for the body. Managing type 1 diabetes often requires several insulin injections or adjustments via an insulin pump, taking up to 10 blood samples a day, and being mindful of how diet, exercise and medication can affect blood sugar levels.

In general, exercise causes changes in insulin needs. Because exercise lowers blood sugar levels and helps improve the body's use of insulin, people with diabetes often need to reduce their insulin dose before exercise. During exercise, maintaining normal blood glucose levels is also critical because too much insulin can lead to hypoglycemia and too little can cause hyperglycemia.

This sounds like a lot to keep track of, especially for someone already focusing on a particular exercise or physical activity at hand. Fortunately, diabetic athletes can take control of their glucose levels by using the Paradigm REAL-Time System, which quickly and easily tests blood glucose levels and allows them to stay within the "safe" target values by adjusting meals and trainings.

Developed by Minneapolis-based medical technology company Medtronic, Inc., the Paradigm REAL-Time System integrates an insulin pump and continuous glucose monitoring system to deliver insulin to the body day and night, while at the



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same time continuously checking glucose levels and sounding an alarm if levels get too high or too low. During the course of three days, the recorder automatically measures and stores glucose values during daily activities like work, sleep, eating and exercise.

Physicians, such as practicing endocrinologist Dr. Alan Marcus, recommend that patients with type 1 diabetes equip themselves with the proper technology when working out. "Since diabetes affects everyone differently, it's important for people to understand how daily activities such as work, sleep, eating and exercise affect their diabetes management. For some, incorporating tools such as insulin pump therapy or CGM can be helpful as they develop their exercise programs."

Whether you're a professional athlete or a weekend warrior, insulin pump therapy and continuous glucose monitoring offer diabetics the ability to live a healthy, active lifestyle and the confidence they need to optimize their workout.

For more information about type 1 diabetes, insulin pump therapy and CGM, visit [www.realdiabetescontrol.com](http://www.realdiabetescontrol.com).