



Physical Therapy Care at its Best!



How to Prevent or Delay Diabetes

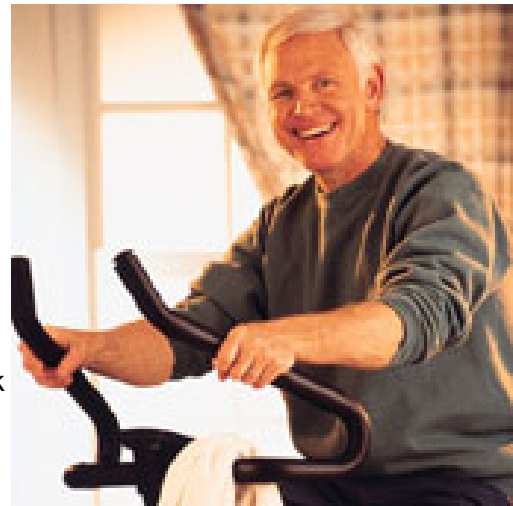
Pre-diabetes is a serious medical condition that can be treated. The good news is that the recently completed Diabetes Prevention Program study conclusively showed that people with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

While the DPP also showed that some medications may delay the development of diabetes, diet and exercise worked better. Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

What should I do to get started on a physical activity routine?

These steps will help you get ready for a routine that's safe and enjoyable.

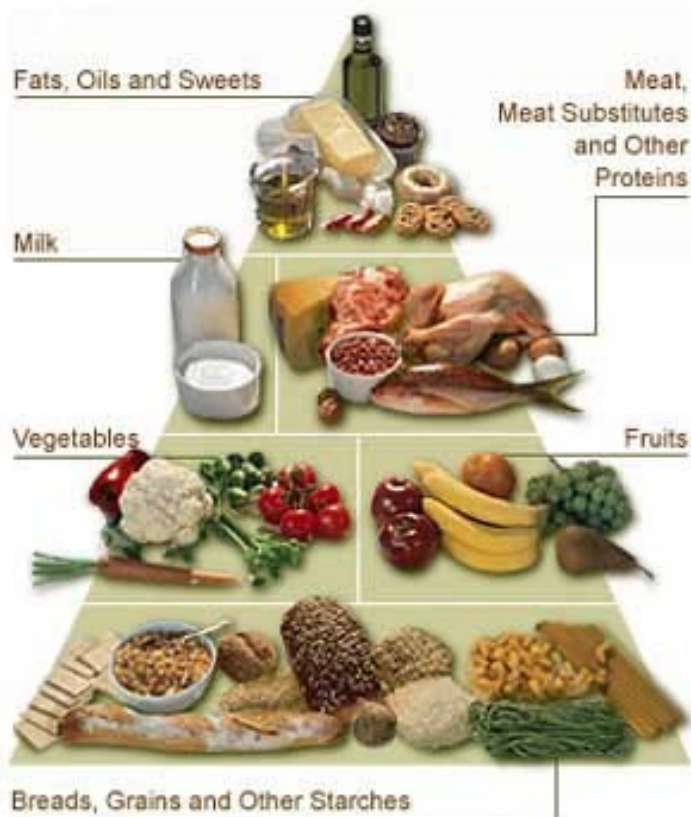
- Find out which activities will be safe for you. Talk to your health care team about which activities will be safe for you. Your health care provider's advice will depend on the condition of your heart, blood vessels, eyes, kidneys, feet, and nervous system. They may recommend that you have an exercise stress test to see how your heart reacts to exercise. If the tests show signs of disease, ask what physical activities will help you without making your conditions worse.
- Choose what you'll do and make detailed plans. Think about what activities are realistic for you and choose the ones you think you can do. Start slowly. Your activity should be somewhat challenging but not overly difficult. Write down exactly what you'll do, where and when you'll do it, how often, and for how long. Allow yourself to get into a routine. Be flexible and don't get discouraged. For example, I'll get off the bus one stop earlier. Don't be too hard on yourself if you can't. For example, if it's raining, you may not want to walk outside so you can choose a different activity. It's more important to reach your long-term goal than to follow the plan from day to day. Plan how you'll reward yourself for your efforts. For example, some people treat themselves to a movie when they meet their goal for the week.
- Everyone's blood glucose response to exercise is different. Checking your blood glucose before and after exercise can show you the benefits of activity. You also can use the results of your blood glucose checks to prevent low blood glucose or high blood glucose. If your blood glucose is high before you exercise (above 300), physical activity can make it go even higher, so be cautious about doing something active. For those with type 1 diabetes, if your fasting glucose



level is above 250 and you have ketones in your urine, it's best to avoid physical activity. Learn how to avoid low blood glucose (hypoglycemia). - Keep in mind that low blood glucose can occur during or long after physical activity. Low blood glucose is most likely if you: Take insulin or diabetes pill, skip a meal, exercise a long time or strenuously.

If low blood glucose is interfering with your exercise routine, eating a snack before you exercise or adjusting your medication may help. Talk to your health care team about what is right for you. During activity, check your blood glucose if you notice symptoms such as hunger, nervousness, shakiness, or sweating. If your blood glucose is 70 or below, have 2 to 5 glucose tablets, ½ cup (4 ounces) of fruit juice, or ½ cup of a regular soft drink to raise your blood glucose. After 15 minutes, check your blood glucose again. If it's still below 70, have another serving and repeat these steps until your blood glucose is at least 70

- Plan to have water and snacks handy during activity. Drink plenty of water before, during, and after activity. If you are at risk for low blood glucose, always carry a source of carbohydrate so you'll be ready to treat low blood glucose.
- Wear a medical identification bracelet, necklace, or a medical ID tag to protect yourself in case of emergency.
- Decide how you'll keep track of your progress. You may find it motivating to write down what physical activity you've done each day. For example, you can make a note of what you did and how long you did it. Some people enjoy using a step counter, also called a pedometer, to see how far they've walked.
- And remember – Performance Physical Therapy now has a program specifically designed for people with or at risk of diabetes.



For More Information

To get more information about diabetes, contact the American Diabetes Association:

- Call 1-800-DIABETES (342-2383). Ask for a free copy of A Guide to Changing Habits
- Or go to www.diabetes.org

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

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