

Diabetes and Exercise Physiology

What is diabetes?

Diabetes is a condition where the body is unable to automatically regulate blood glucose levels, resulting in too much glucose (a sugar) in the blood.

Type 1 diabetes

Occurs when the pancreas cannot produce insulin because the cells that actually make the insulin have been destroyed by the body's own immune system. This type of diabetes was formerly known as Insulin Dependant Diabetes (or juvenile diabetes).

Type 2 diabetes

Unlike those with Type 1, people with Type 2 diabetes are always insulin resistant. This means that their pancreas is making insulin but the insulin is not working as well as it should, so it must make more. This type of diabetes was formerly known as non-insulin dependent diabetes (or mature-age onset diabetes).

Exercise and diabetes

Everybody benefits from regular exercise. In diabetes it plays an important role in keeping you healthy. The use of exercise in managing diabetes is well documented.

How exercise can help:

- It helps insulin to work better which will improve your diabetes control
- It can help control your weight
- It can help lower your blood pressure
- It can reduce your risk of heart disease
- It can help reduce stress

To find out more about these initiatives please ask one of our friendly staff

MPC-Diabetes Flyer-1014

Diabetes is a chronic condition affecting people of all ages and walks of life. It imposes a significant burden on the Australian community. The disease can cause a number of long term complications, resulting in disability, reduced quality of life, and premature death. Exercise plays an important role in diabetes and exercise physiologists are experts in exercise prescription for people with chronic illnesses, and are therefore able to provide advice on physical activity and promote self management practices. Exercise physiologists also assist with the management of complications associated with diabetes.

Role of physiotherapy

Accredited exercise physiologists are experts in exercise interventions for people who are at high-risk of developing or already have chronic and complex medical conditions and injuries such as Type II diabetes.

Exercise Physiologists in this practice are well placed to advise you on exercise strategies that will work for you. Exercise programs are safe and effective with an emphasis on patient centered achievable results.

Private Health Fund rebates may apply otherwise Medicare rebates are available for patients with chronic and complex care needs on referral from their GP which includes those diagnosed with Type 2 Diabetes. Most patients are then eligible for additional group exercise classes Under the Type 2 Diabetes Group Services Initiative.

