

Exercise guidelines diabetes type 1 and 2

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1. Type 1 diabetes. Take insulin short before exercising and measure glucose level.
2. Type 2 diabetes. Eat some fruit or easy obtained carbohydrates before exercising.

Hypo: The blood glucose level will keep dropping until the person eats as their body can't regulate it itself.

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Possible cause of hypo

- A delayed or missed meal or snack
- More exercise than usual – gardening, strenuous housework or sports
- An illness that means you eat less than usual

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What to do

- Take some quick acting carbohydrates, such as glucose tablets or a glucose drink.
- As soon as you can have some slower acting carbohydrates – sandwich or snack.
- Check blood glucose level

2

Avoid having a hypo

- When there is a low level of glucose in the blood it will deprive the brain from its source of energy. Occurs for people on insulin or SU tablets.
- To prevent this, having regularly mealtimes are important.
- This thus not happen to everyone.

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Symptoms

- Feeling sweaty, cold or clammy
- Trembling or feeling weak
- Tingling around lips
- Blurred vision
- Feeling irritable, upset or angry
- Looking pale

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