

ASK THE EXPERT

A Resource for Active People with Diabetes



Gary Scheiner MS, CDE

My Expertise: Blood glucose regulation with sports and fitness activities.

My Link: www.integrateddiabetes.com

Gary Scheiner is a Certified Diabetes Educator and Masters-level Exercise Physiologist who has had Type-1 diabetes since 1985. He owns and operates Integrated Diabetes Services, a private consulting practice specializing in intensive blood glucose control for children and adults with Type-1 diabetes. Gary serves as a Board Officer for DESA, and volunteers for JDRF, ADA and Setebaid diabetes camps. He has written countless articles on diabetes and sports/fitness as well as several books, including **Think Like a Pancreas**. Gary has received a number of awards for his diabetes education services, and speaks nationally and internationally on various topics in diabetes self-care. On a personal note, Gary, his wife and four children live just outside of Philadelphia, PA. An avid Eagles, Sixers and Phillies fan, Gary enjoys running, cycling, boxing and playing basketball. For more information, contact Gary (toll free) 877-735-3648, or email gary@integrateddiabetes.com

My FAQs	My Response
1. I sometimes get low blood sugar hours after exercise, or even the next day. What causes this, and what can I do about it?	This is called "Delayed Onset Hypoglycemia." It usually occurs after long, intense exercise sessions. To find a solution, it is necessary to keep good records and look for patterns. You might consider lowering your overnight long-acting (or basal) insulin or having an extra snack at bedtime. You could also lower bolus insulin doses following intense workouts.
2. Why do blood sugars sometimes go down and sometimes go up during exercise?	Any physical activity makes muscle cells more sensitive to insulin. But high-intensity activities and competitive sports can also cause the production of stress hormones ("adrenaline"), which can cause insulin resistance and increase the liver's secretion of sugar into the bloodstream. If the factors causing blood sugar to rise outweigh the effects of the exercise itself, the blood sugar may go up.
3. What is the best way to exercise in order to lose weight?	Find an activity that you enjoy and can do on a regular, consistent basis. The longer and more frequently you exercise, the more calories you will burn. The <i>timing</i> of your exercise can also have an effect. If you take mealtime insulin, exercising after meals allows you to cut back on your insulin without consuming extra food. This, in turn, helps your body burn more fat for energy.
4. How much carbohydrate should I take before exercising?	That really depends on the type, duration and intensity of your activity, as well as your pre-exercise blood sugar. The <i>average</i> 150-lb (70kg) person needs approximately 20g carb per half-hour of moderate exercise. Keeping written records of your workouts, snacks, and pre/post exercise blood sugars will help you to fine-tune your control.
5. I use an insulin pump. Should I lower my basal rate when I exercise? If so, by how much?	Reducing the basal rate can be beneficial during activities lasting more than 90 minutes, but the reduction needs to be made 1-2 hours before starting the activity. The amount of the reduction will vary depending on the intensity of the activity, but a 50% reduction is usually a good place to start.

BE ACTIVE! BE FIT! BE HEALTHY!

Disclaimer

Content provided here is for "informational purposes only". Please consult with your physician before starting an exercise program or incorporating information contained here into your exercise program, training regimen or competition events. Your physician or exercise professional should help you develop an exercise prescription with careful consideration of your diabetes control, complications, and other health problems; risk factors for cardiovascular disease; personal goals; and exercise preferences. To the extent permitted by applicable law, by using DESA web site, the user agrees to defend, indemnify, and hold harmless, DESA, its agencies, officers, employees, representatives, and agents from and against all claims and expenses, including attorney's fees, arising out of the user's use of this site or materials and information contained on this site.