

ASK THE EXPERT

A Resource for Active People with Diabetes



Rick Philbin, MED, MBA, ATC

My Expertise: Pumps

Rick Philbin, MED, MBA, ATC, is the East Field Director for Animas Corporation, an athletic trainer, and an individual with type 1 diabetes. Prior to joining Animas, he managed a comprehensive sports medicine center in the Washington, DC area and worked as an Athletic Trainer for a Philadelphia-based sports medicine center, where he worked with professional athletes from the Philadelphia 76ers and Flyers.

Rick is a member of the DESA Board of Directors and has also been working with CWD (Children with Diabetes) for seven years presenting to parents, coordinating the sports programming for kids, Sports Central, and writing articles on the CWD website called the Sports Corner.

He believes education is paramount for good diabetes management. As an avid exercise enthusiast with type 1 diabetes, he practices tight management of his diabetes while on an insulin pump. Rick lives in the Washington, DC area with his wife, Sharon Papp and two teenage daughters Nicole and Andrea.

My FAQ	My Response
<p>Q: I wear an insulin pump and like to take it off when I play contact sports but my BG goes high. Do you have any ideas to help overcome the high BGs I get?</p>	<p>Highly intense sports such as basketball and soccer can cause blood sugar to rise due to the increased secretion of stress hormones (i.e., adrenaline, cortisol, growth hormone). This can be due to physical stress as well as mental stress from the competition. If the decision is to keep the pump off during competition it is important to check during a timeout or at halftime to make sure blood sugars are in a good range. Keeping the pump off more than an hour frequently can cause a spike in blood sugar. Using insulin to bring down a high blood sugar during competition can be dangerous but often times it will not take effect until afterwards. Drinking water will also help decrease blood sugar and wash away ketones if they are present.</p> <p>My recommendation would be to wear the pump during competition if you cannot come up with a plan to keep blood sugars in a good range without wearing the pump. If you do not want insulin during the activity set the pump to 0% through the temporary basal feature so you do not get insulin but it will automatically turn back on rather than having to remember to reconnect. The insulin used in the pump will peak ~1-2hrs after it is infused so setting a temporary rate (i.e., 50%) a couple of hours prior to activity may be the way to go.</p> <p>There are ways to protect the pump with padding so it will not become damaged or injure anyone. You can get padding at your local sports store (i.e., Sports Authority) in the football section where pads are sold (\$13.99) for football pants. Use one pad to cut a hole the size of the pump. Place the pump in the whole and use another pad without cutting a whole over top the original pad. This can be secured with an ace bandage or possibly compression shorts underneath athletic shorts. If the pump gets hit the pad will disperse the force so it will not become damaged or hurt anyone. Before using this technique check with your health care team to make sure any changes in your diabetes management will be safe.</p>

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.

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