



Exercise Biochemistry Review

Proceedings of IBEC 2018, Beijing, China, October 23-25
PO-038

Effect of diet and exercise intervention on the treatment of diabetic patients

Zunhua Xu¹, Bin Huang²

1. Sichuan Institute of Sports Science
2. Tianfu new district Erjiang community

Objective To investigate the effect of nutrition and exercise intervention on lowering blood glucose level in type 2 diabetes patients.

Methods In Wuhou district of Chengdu and Tianfu New Area, select TongZi Community health service centers and Er Jiang community health service center in patients with type 2 diabetes health management team, the latest Glycosylated Hemoglobin (HbA1c) $\geq 7.4\%$ of the patients as the research object, 592, randomized methods for nutrition intervention group + exercise intervention group, exercise intervention group and control group, each group of about 200 people. Adopt the self-designed questionnaire to collect the general information of patients, including gender, age, culture level, course of the disease and the complications, etc., using the standard method of measurement, the measurement of the patient's body, including blood pressure, heart rate, biochemical tests Glycosylated Hemoglobin (HbA1c) and so on. Patients were followed for one year. At 3, 6 and 12 months, patients were followed up with questionnaires, physical measurements and HbA1c tests

Results The patients with 3, 6 and 12 months the total response rate was 98.2%, 99.2% and 98.6%, compared with the baseline, the two intervention groups Glycosylated Hemoglobin (HbA1c) in different periods of follow-up is falling, 6 months is more noticeable, nutrition intervention group + exercise intervention group decreased by 0.44%, movement intervention group decreased by 0.23%, while the control group increased by 0.08%. It can be seen that proper exercise can increase the sensitivity of body tissues to insulin, thus increasing the use of glucose angiosperms and other tissues in blood and lowering blood glucose. Even for individual patients, exercise combined with diet therapy can even stabilize blood glucose at normal levels. Effective exercise and nutrition intervention is an important measure to treat diabetes.

Conclusions The long-term diet and exercise intervention for diabetic patients is not only beneficial to the health of diabetes, but also can significantly improve the quality of life of patients. Effective exercise and nutrition intervention are important measures to treat diabetes.