

Effects of Physical Activity in the Treatment of Diabetes Mellitus Type 2 (T2D)

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Abstract: Diabetes mellitus is a common disease is contributing to hyperglycemia. There are several types of diabetes mellitus type 2 (T2D) is the most important. 90% of all types of diabetes are included. Statistics show that the number of diabetic patients are increasing day by day, until the 21st century epidemic called diabetes. T2D is the main cause of obesity and inactivity. The treatment of this disease, lifestyle changes, weight loss, physical activity and dietary change is. In between daily physical activity and consistently can be very important. Continuous light and heavy physical activities, but the short-term activities are very effective. The main weakness in the treatment of diabetes, physical activity, increased body sensitivity to insulin. Leading to control blood sugar metabolism. In addition to physical activity, diabetes causes cardiovascular disease and stroke prevention or postponement too.

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1.Introduction

Epidemic of diabetes type 2 (T2D) is one of the major health problems that cause chronic disease and significant morbidity and mortality throughout the world. This disease is influenced by genetic and environmental factors. However, the contribution of environmental factors on the incidence is higher. The prevalence of type 2 diabetes types of diabetes are included, 90%, is more influenced by environmental factors.

The role of genetics is low. A gene that plays a role in the incidence of type 1 diabetes, while approximately 40 genes are involved in its onset and is mostly genetically controlled (6 and 9).

Prevalence of diabetes among men and women equally. In recent years there has been increasing the number of women affected. Often among women with obesity and social minorities living standards are low. These women often have a higher risk of having children with birth defects than women are common. The fetal malformations in women with type 1 diabetes than type 2 diabetes occurs in pregnant women. (3)

Environmental factors that are causing this disease include obesity, lack of physical activity levels HDL, elevated triglycerides and elevated blood sugar (5). One of the most important ways to prevent and treat diabetes, physical activity (exercise) is. To do this burning energy, improves metabolism and blood sugar regulation.

Discussion

Canada (7-9/4) percent of the population above 12 years, and 17 percent of those over 64 years are estimated to have diabetes. 90% of people with type 2 diabetes () are. An accurate assessment suggests that 285 million adults with diabetes in the population is

about 4/6 of the total population suffer from diabetes (11). India 8/50 million and China 2/43 million people have diabetes. India has the highest number of diabetics in the world. Estimated that by 2030, about 438 million adults worldwide will have diabetes. The effective highest age ranges be between the ages of 60 to 79 years (11).

The increasing prevalence of obesity is increasing in the United States depends. Research shows that over 20% of older people are significantly overweight. Nearly 60% of them are overweight. Elderly with 35>BM almost 20% compared to normal-weight adults 25 >BM are suffering from diabetes. Risk in people who are overweight (29-25 =) and about 4% in elderly obese 30> about 20-11 per cent (3).

Diabetes in developing countries and poor health due to disease is very low. In some developed countries such as European countries and America due to industrial life and little mobility and a high prevalence of obesity victims (1). 60 to 90 percent of type 2 diabetes appears to be associated with overweight and obesity. People who are overweight are not controlling their toxic mud. When the people 8/6 kg of weight decrease of improved control, in addition to the weight loss can improve blood sugar (Be) reduced insulin levels and lower HDL levels, triglycerides, too (6 and 9).

The study of 70,658 women were diagnosed with diabetes for a period of six quarters since these were considered by Villeg and colleagues showed that daily physical activity inversely with diabetes have type 2. Similarly, research on the relationship between daily physical activity and the reduction of 2924 male Japanese workers showed the risk of developing diabetes (10). One of the main rolls

controlled by lifestyle changes such as weight reduction, increased physical activity, diet, etc. (8).

Physical activity, possibly through a variety of ways, including weight control, increased energy consumption and decreased body fat has been shown to improve diabetes (10).

Despite knowing that physical activity in type 2 diabetes () are very important, but the best way to control what is diabetes, physical activity can still have a little knowledge (7). Only about 25% of persons who have diabetes do their exercise after 2 years. Unsitup and Vanninen reported that occur important changes in diabetic persons who do exercise for 12 months.

Perform long-term studies show that moderate exercise is better than short-term decline of heavy exercise.

Endurance, anaerobic and aerobic exercise three forms of aerobic exercise are very effective. Strategy is a combination of lifestyle changes in diet, physical activity and behavior change to improve diabetes is very effective. In addition, this solution results in complex and diverse mixed large and small vessel diseases and disorders such as diabetes can be delayed or prevented (9).

This view about the effect of physical activity to encourage more people into the sport and physical activity by (8).

American College of Sports Therapy (AcSm) has confirmed that exercise as a treatment method for people with. Recommended energy intake of at least 1000 kcal per week through aerobic exercise improves the patients (9).

Model "Trans Theory" the theory that changes in lifestyle and physical activity for diabetes suggests (7).

Results

The main reasons for the increase in diabetes, obesity and lack of mobility.

Raising public awareness about the disease and prevention of this disease is very important.

Before getting to the idea of prevention.

Sport activities must be conducted in accordance with professional standards under the knowledge of how to prevent triggering cause of the outbreak. Slamtyfrd endangerment and society is overhead.

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