

## THE ISSUE:

When managing diabetes, many people don't understand the important role that exercise can play and the impact it can have on your lifestyle.



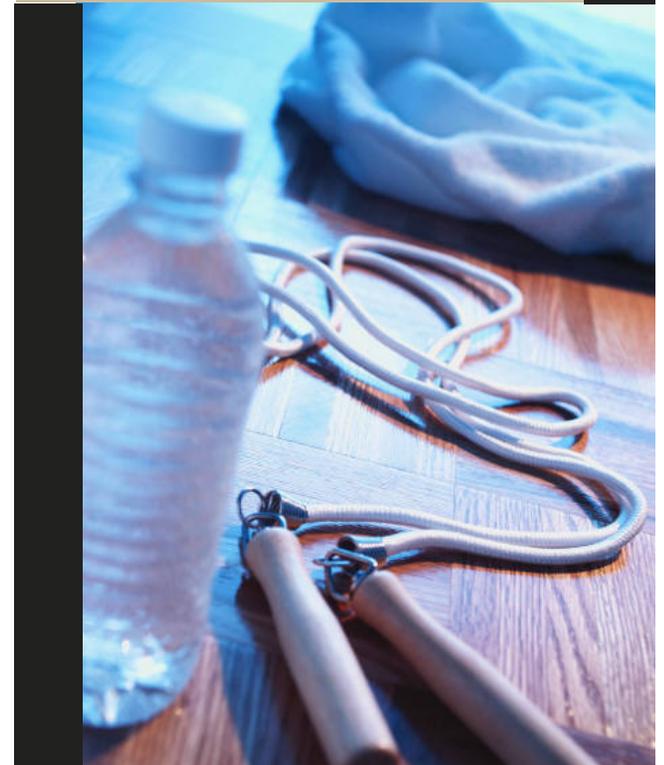
For more information, including specific drug interactions that may affect you or someone you know, please consult your pharmacist.



*This information was created as a public service by the South Carolina Pharmacy Association and distributed by your local pharmacist.*

## Focus on Diabetes

HOW EXERCISE  
PLAYS AN  
IMPORTANT ROLE  
IN DIABETES  
MANAGEMENT



## Diabetes & Exercise

Diabetes is a growing problem. It is estimated that about 20.8 million people or 7% of the U.S. population has been diagnosed with diabetes. Diabetes can cause serious complications including heart disease, stroke, high blood pressure, blindness, kidney disease, nervous system disease, and amputations.

Exercise is known to promote general health. This can be even more meaningful to patients with diabetes. There have been studies that show there are many possible benefits of exercise especially for individuals with Type II diabetes.

## Beneficial Effects of Exercise

- Regular exercise can help with carbohydrate metabolism and insulin sensitivity.
- Exercise helps decrease the incidence of cardiovascular disease, including stroke.
- Blood pressure and cholesterol levels have been shown to drop with a regular exercise regimen.
- Since Type II Diabetes is commonly associated with obesity, exercise helps with weight loss.
- Strong bones and muscles are built with regular activity.

***Know Your Medicine.  
Know Your Pharmacist.***

## General Tips

- Consult your physician before beginning any new exercise regimen.
- The American Diabetes Association recommends at least 30 minutes of aerobic physical activity, five times per week.
- Start slow and increase your activity gradually.
- Make sure to warm up and cool down.
- Be familiar with the signs of hyper and hypoglycemia.
- Wear proper socks and foot wear to keep feet dry and to prevent injury.

