

Preventing and treating diabetic hypoglycemia associated with exercise: the forgotten problem

Regular exercise is recommended for people with type 1 and 2 diabetes, but it can increase the risk of hypoglycemia. In the latest issue of *Diabetic Hypoglycemia* (www.hypodiab.com), Younk and colleagues discuss the topic of hypoglycemia risk during exercise in people with diabetes and behavioral strategies for reducing this risk,¹ such as ingesting carbohydrate before, during and/or after exercise to reduce the likelihood of hypoglycemia.^{2,3} Carrying glucose tablets or glucagon during periods of exercise may provide additional protection should an episode of severe hypoglycemia ensue.

As well as discussing the dangers of developing hypoglycemia during or after exercise, this issue's Treatment Review presents recent clinical data on the new ultra-long-acting basal insulin analog, insulin degludec, highlighting its potential to lower the frequency of hypoglycemia, particularly at night.⁴

References

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3. Hernandez JM, Moccia T, Fluckey JD, *et al.* *Med Sci Sports Exerc* 2000;32:904-10.
4. Diabetic Hypoglycemia Editorial Team. *Diabetic Hypoglycemia* 2011;4(2):17-21.

About Diabetic Hypoglycemia

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