EXPERIENCES AND ATTITUDES OF PEOPLE WITH T1 AND T2 DIABETES TO EXERCISE
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Using a questionnaire, we compared T1D and T2D regarding glucose management relative to type and intensity of appropriate exercise. The 230 respondents completed the questionnaire, 64% of which were T1D and 36% being T2D. Approximately 65% thought that exercise had a positive effect on their diabetes with 95% of T1D and T2D preferring walking as the main form of exercise. 62% of T1D and only 8% of T2D tested their blood glucose (BG) more than four times daily on a non-exercise day. For T1D 57% tested BG more often than usual on an exercise day compared with only 12% of T2D. About 90% did not change the number of insulin injections for an exercise day. Only 23% of T1D did not change the dose, whereas 43% of T2D did and this is weakly dependent in each case on the type of exercise anticipated. Of these, 60% administered their dose following exercise with few interrupting exercise to do so. About 52% of T1D and 20% of T2D had hypos up to three times in the previous month, with the major risk period up to 2 hours following the exertion. To mitigate this threat, carbohydrate boosts were more common before exercise than after and again, few disturbed the session for this purpose. Insulin users of both diabetic types understand that to use exercise regimens safely they must monitor their glucose and prepare on an individual basis for hypoglycaemia, using BG tests and carbohydrate support but making adjustments to dose a lower priority.