

## Summer Workshop Programme 2010

### The Exercising Diabetes Patient

Tuesday 23 March, 9.30am – 4.30 pm

Swansea University

---

09.30 – 10.00	Arrival and Registration/Refreshments
10.00 – 10.20	Welcome and Introductions
<b>10.20 - 10.50</b>	<b>Type 1 diabetes, current medication strategies, contraindications to exercise</b>
	Prof Stephen Bain
<b>10.50 – 11.20</b>	<b>Pathophysiology of Type 2 diabetes, current medications, contraindications to exercise</b>
	Dr Jeffrey Stephens
<b>11.20 – 11.50</b>	<b>Strategies pertaining to a reduction in hypoglycaemia in exercising Type 1 diabetes patients <i>and</i> Benefits of regular aerobic exercise in Type 2 diabetes patients</b>
	Dr Richard Bracken
<b>12.00 – 13.00</b>	<b>Laboratory Preparation:</b>
	<u>Type 1 diabetes patient:</u> Catheter, resting bloods, insulin administration, low G.I. meal, 2 hour rest.
	<u>Type 2 diabetes patient:</u> Determination of anthropometric characteristics [height, mass, BMI, Body Fat %, Waist : Hip]
13.00 – 13.45	Lunch
<b>13.45 – 15.00</b>	<b>Laboratory Testing 1:</b>
	Type 1 diabetes individual demonstrating pre-exercise insulin reduction strategy and reduction in blood glucose with aerobic exercise
<b>15.00 – 16.15</b>	<b>Laboratory Testing 2:</b>
	Determination of lipid and carbohydrate oxidation rate in a type 2 diabetic individual performing aerobic exercise.
16.15 – 16.30	Workshop evaluation and Certificate distribution

---



Please return your badge as it can be re-used. Thank you.