

MyCARE

With me, every step of the way



“ It is important to take
**PRECAUTIONS IN TYPE 1
DIABETES WHILE
EXERCISING** ”



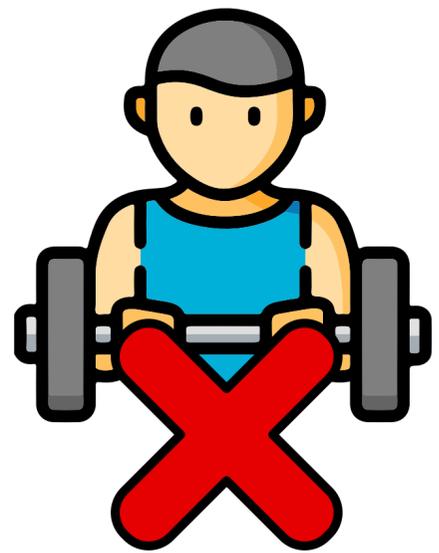
SINCE EXERCISE CAN INCREASE YOUR RISK OF HYPOGLYCEMIA even many hours after exercising, Insulin doses can be reduced for planned exercise to minimize its chances and the requirement for additional carbohydrate intake.



Try and maintain a **FIXED ROUTINE** of exercise



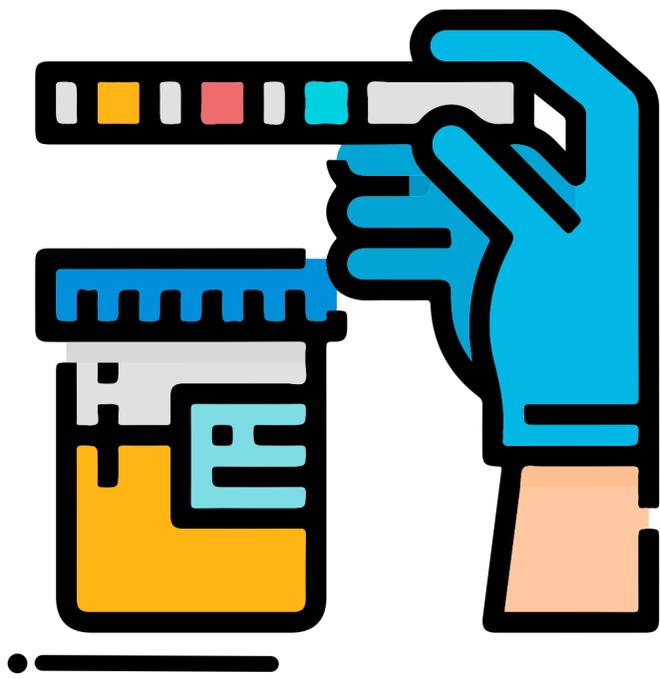
INSULIN SHOULD NOT BE INJECTED in the site that will be mainly involved in physical activity



AVOID EXERCISE if your blood sugar level is above 250mg/dL.



CHECK FOR KETONES. In the presence of elevated blood ketones (≥ 1.5 mmol/L) or urine ketones ($> 2+$), exercise should not be done.



Every individual is unique so **TALK TO YOUR HEALTHCARE TEAM** for individualised advice



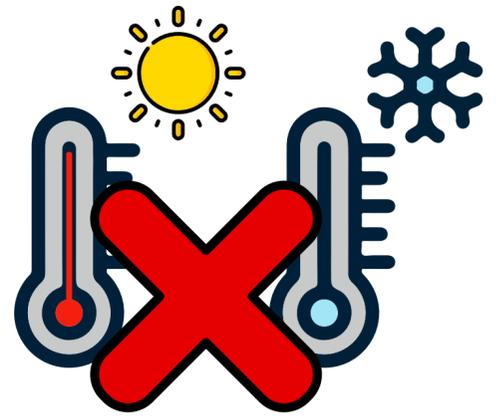
ALWAYS START WITH a low-intensity warm-up and end with a cool-down, especially during vigorous exercise



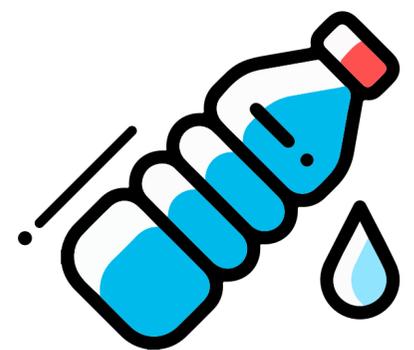
USE PROPER FOOTWEAR,
and wear cotton socks that
are comfortable and not
too tight



Avoid exercising in
**EXTREME HOT OR COLD
CONDITIONS**



**KEEP YOURSELF
WELL-HYDRATED** before,
during and after exercise



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



MyCARE

With me, every step of the way

Reference

1. American Diabetes Association; Standards of Medical Care in Diabetes—2022 Abridged for Primary Care Providers. Clin Diabetes 1 January 2022; 40 (1): 10-38.
<https://doi.org/10.2337/cd22-as01>
2. Adolfsson P, et al. ISPAD Clinical Practice Consensus Guidelines 2018: Exercise in children and adolescents with diabetes. Pediatr Diabetes. 2018 Oct;19 Suppl 27:205-226.
3. Salis S, et al . Healthy eating and carbohydrate counting for children and adults with type 1 diabetes. Indian Foods - Edition 1, 2021. ISPAD & Life for a Child
4. ADA. Exercise and type 1. Available at <https://www.diabetes.org/healthy-living/fitness/exercise-and-type-1>

Issued in Public Interest by



The guide/presentation/content/literature is for general information, guidance and educational purposes only and is not complete or exhaustive. The guide /presentation/content/literature is not intended or implied to replace or substitute any current practice and or advice/guidance/diet provided by healthcare professionals. This guide/presentation/content/literature does not constitute any treatment/therapy/medication/diet/opinions for any patients who are on diabetes medication, the patients are required to prior consult their healthcare professional before acting on any change on treatment/therapy/ medication/diet and/or opinions. USV Private Limited makes no representations as to accuracy, completeness, correctness, suitability or validity of any information contained in this guide/presentation/content/ literature and will not be liable for any losses, injuries or damages arising from its use.

