



**Extra S.U.B.I.T.O.  
EXercise TReatement Appropriate S.U.B.I.T.O. !**

**MASTER FORMAZIONE FORMATORI**

*Benvenuti !*

**Roma 20-21 aprile 2012**

NCBI Resources How To

PubMed.gov  
US National Library of Medicine  
National Institutes of Health

PubMed diabo

Display Settings: Summary, 20 per page, Sorted by

Showing results for **diabetes AND sport**. Your search

**Results: 1 to 20 of 2010**

[\[Education and continuous education of the diabetic child and its parents\]](#)  
2004. Schöffling K.  
Arch Kinderheilkd. 1968;Suppl 58:62-7. German. No abstract available.  
PMID: 4234238 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[\[Sports and diabetes mellitus\]](#)  
2005. Schlüssel H.  
Landarzt. 1967 May 20;43(14):645-9. German. No abstract available.  
PMID: 5612134 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[\[Interval therapy with dimethyl sulfoxide\]](#)  
2006. Paul MM.  
Ann N Y Acad Sci. 1967 Mar 15;141(1):586-98. No abstract available.  
PMID: 5232267 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[\[On the pathophysiology of pulse wave velocity\]](#)  
2007. Schimmler W.  
Munch Med Wochenschr. 1967 Jan 27;109(4):181-6. German. No abstract available.  
PMID: 6071797 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[\[Genetic facts in heart infarct\]](#)  
2008. Parade GW.  
Wien Med Wochenschr. 1967 Jan 21;117(3):82-5. German. No abstract available.  
PMID: 5587500 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[MUSCULAR EXERCISE IN DIABETES MELLITUS](#)  
12405. Hetzel KS.  
Br Med J. 1925 Jan 17;1(3342):102-6. No abstract available.  
PMID: 20771868 [PubMed] **Free PMC Article**  
[Related citations](#)

[Related citations](#)

## Diabetes

NCBI Resources How To

PubMed.gov  
US National Library of Medicine  
National Institutes of Health

PubMed

Display Settings: Summary, 20 per page

Show

**Results**

!S



# Tijdschrift voor Geneeskunde

Gesticht door de Nederlandstalige Medische Faculteiten in België en hun Alumni-Verenigingen

## DIABETES EN SPORT <sup>1</sup>

G. VANDISTEL <sup>2</sup>, E. MULS <sup>2, 3</sup>

2001, 57:, 12

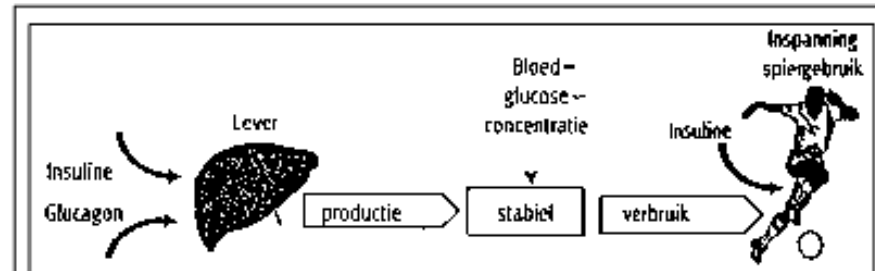


Fig. 2a: Normale toestand

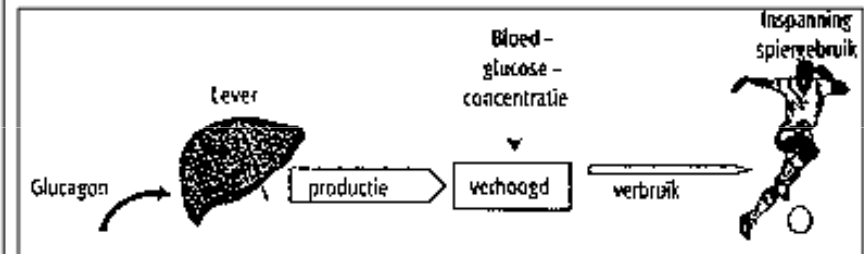


Fig. 2b: Diabetisch (insuline tekort)

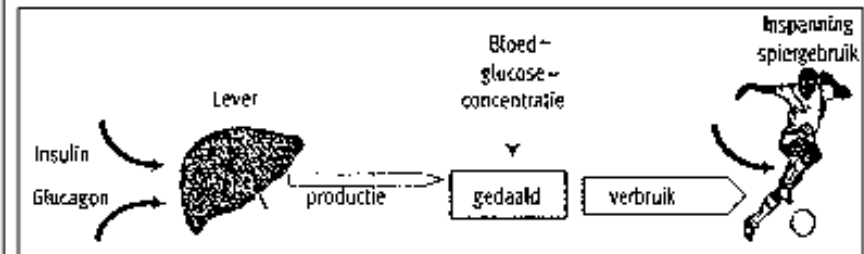


Fig 2c: Subcutane insulinegift, hyperinsulinemie

Fig. 2: Glucosemetabolisme: glycogenolyse, glyconeogenese en glucoseopname door de spieren.

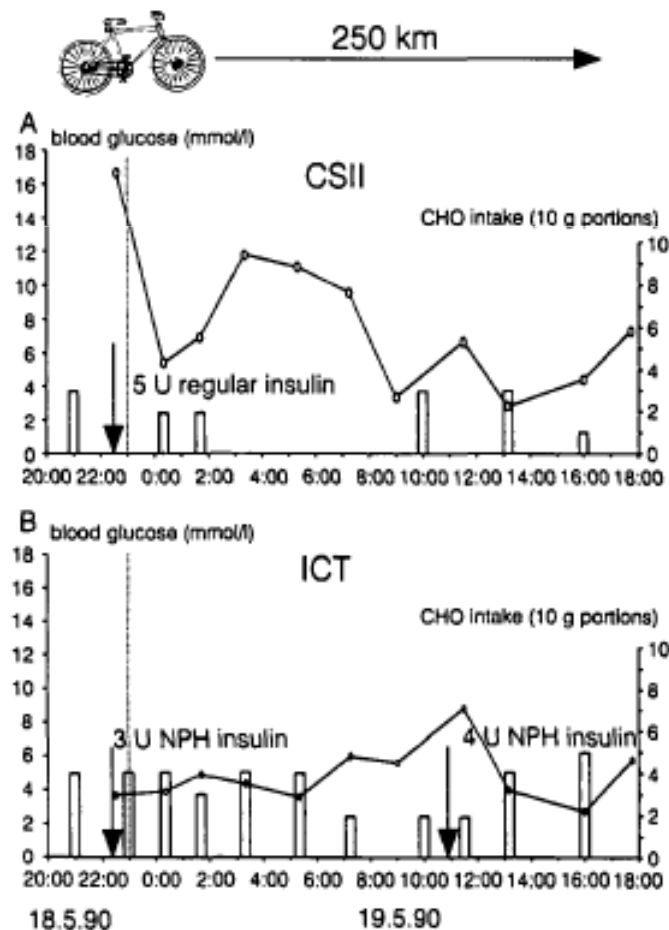
# I'm Running on Insulin

## Summary of the history of the International Diabetic Athletes Association

ULRIKE THURM, RN  
PAULA N. HARPER, RN, CDE

"I embarked on a running program in 1976 with little information about how it would affect my type 1 diabetes....."

DIABETES CARE, VOLUME 15, SUPPLEMENT 4, NOVEMBER 1992



During the race, the dose was reduced to a basal rate of 12 U/24 h (50% of usual dose) and total bolus dose of 5 U (20% of usual dose). CHO intake during the race was 160 g (160% of usual intake). B: blood glucose,

Usual CHO intake was 170 g/day. During the race, the NPH dose was reduced to 7 U (50% of usual dose) and no regular insulin. CHO intake was 340 g (200% of usual intake).

***Diabetes*** Exercise and Sports ***Association***

formerly

***International Diabetic Athletes Association***

8001 Montcastle Dr. Nashville, TN 37221, USA



Paula Harper

***1976 —Chapters of the IDAA***

---

EUROPE	NORTH AMERICA	ASIA
BELGIUM	CANADA	JAPAN*
	VANCOUVER, BC	
ENGLAND	UNITED STATES	
	ATLANTA, GA	
FRANCE	BOCA RATON, FL*	
GERMANY	BOSTON, MA*	
GREECE*	CHARLESTON, SC*	
LUXEMBOURG	CHATSWORTH, CA	
POLAND*	DELAWARE VALLEY, PA	
SPAIN	LONG BEACH, CA	
SWITZERLAND	MILWAUKEE, WI*	
	MINNEAPOLIS, MN	
	NASHVILLE, TN	
	NEW YORK CITY, NY	
	PHOENIX, AZ	
	SALT LAKE CITY, UT*	
	SAN DIEGO, CA*	
	WICHITA, KS*	

---

**PÆSTUM 24-26 march 1994**

**6<sup>th</sup> INTERNATIONAL MEETING on Diabetes and SPORT**





JORNADES INTERNACIONALS DIABETIS I ESPORT

INTERNATIONAL MEETING ON DIABETES AND SPORT

Barcelona 29 i 30 d'abril - 1 i 2 de maig de 1992

# CERTIFICAT D'ASSISTÈNCIA

PRESENCE CERTIFICATE

concedit a: PROF. SANDRO GENTILE - DIRETTORE GRUPPO SPORTIVO  
CENTRO ANTIDIABETICO A.I.D.-C.MARE DI STABIA (NA) -ITALIA-

per haver assistit al **Simposi Internacional Diabetis i Esport**

Barcelona, 2 de maig de 1992

Sr. Ferran Ariño  
President de la Secció Catalana de la IDAA



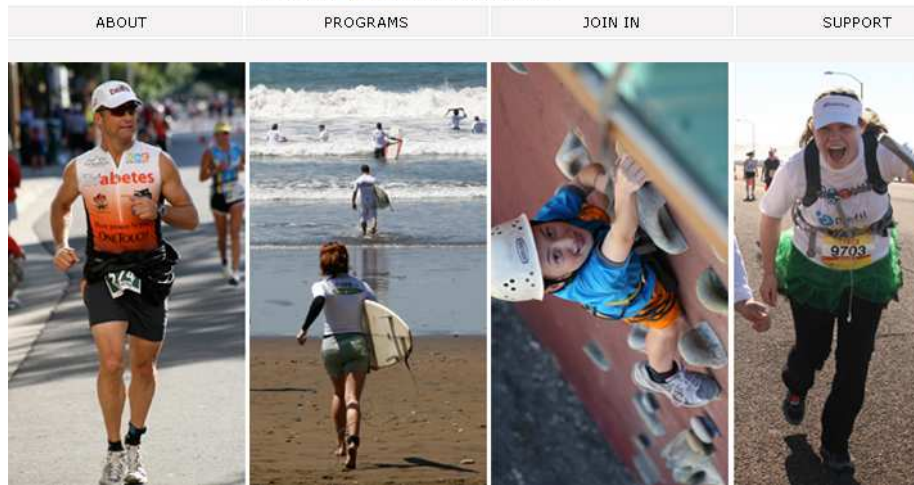
Sra. Carolina Mitjavila  
Secretària de la Secció Catalana de la IDAA



Email:

Member Login:  password:

not IN? [JOIN](#) the Revolution!



## Sports, Exercise, and Diabetes

**NHS** choices Your health, your choices

[Health A-Z](#)

[Live Well](#)

[Carers Direct](#)

[Health](#)

## Diabetes and sport

Share: Save: Subscribe:

[View all 114 topics](#)

### Popular topics

- Alcohol
- Cancer prevention
- Colds and flu
- Couch to 5K
- Dental health



**KidsHealth**  
from Nemours

[For Parents](#) [For Kids](#) [For Teachers](#)

Search here...

[Parents Home](#)

[General Health](#)

[Infections](#)



## Sports, Exercise and Diabetes

Australian Government  
Australian Sports Commission

**LONDON BOUND 2012**



[Home](#) [About us](#) [Supporting Sport](#) [Participating in Sport](#) [Australian Institute of Sport](#) [Research](#) [News Centre](#)

[Home](#) > [Australian Institute of Sport](#) > [Nutrition](#) > [Fact sheets](#) > [Diets](#) > [Diabetes and Sports Nutrition](#)

### Australian Institute of Sport

[What is the AIS?](#)

[Visit the AIS](#)

[History and successes](#)

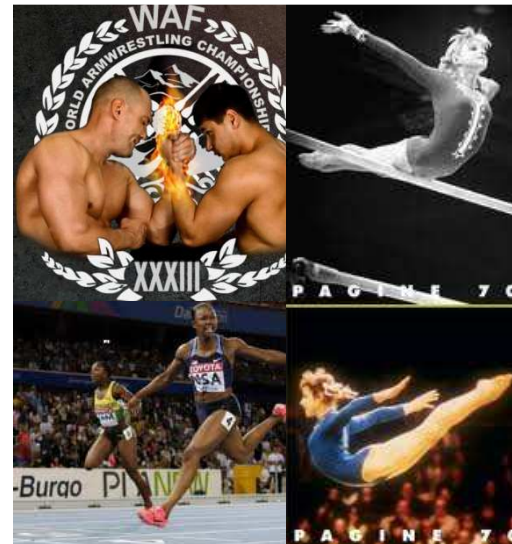
[News](#)

## Diabetes and Sports Nutrition

[Sports Nutrition](#) [Basics](#) [Diets](#) [Travel](#) [Hydration](#) [Competition and Training](#) [Body Size and Shape](#) [Case Histories in Sports](#)



**Ma i nostri diabetici non sono Superman**

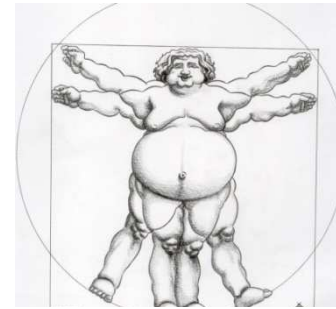


**Non gareggiano per le Olimpiadi**



**Non devono vincere trofei**





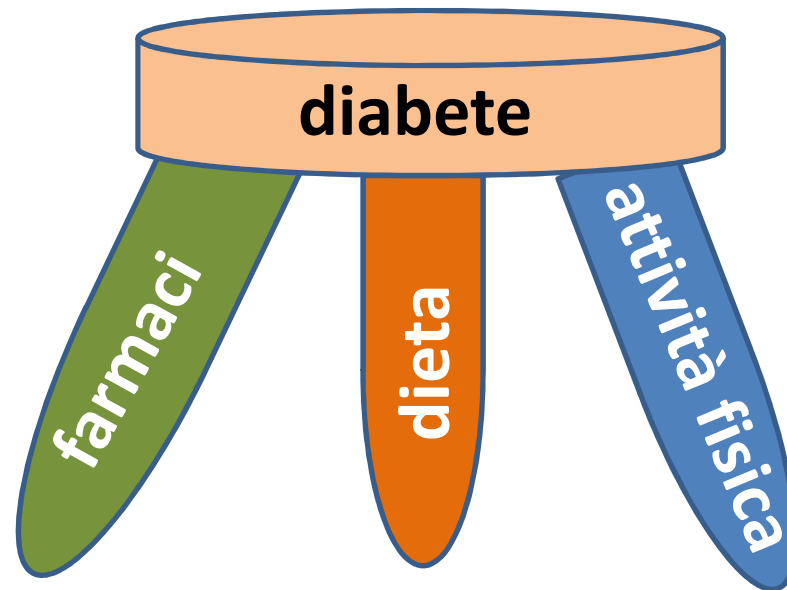
Sono persone normali, che spesso non hanno mai fatto attività motoria, sono in sovrappeso o sono anziani....



Hanno solo bisogno di imparare a muoversi di più, piacevolmente e sotto una guida competente.....

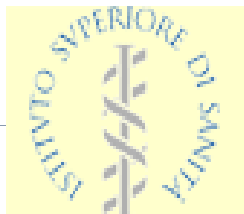


Chi ricorda le vecchie diapositive diffuse dalla Boehringer a fine anni '80 e lo sgabello del diabete ?

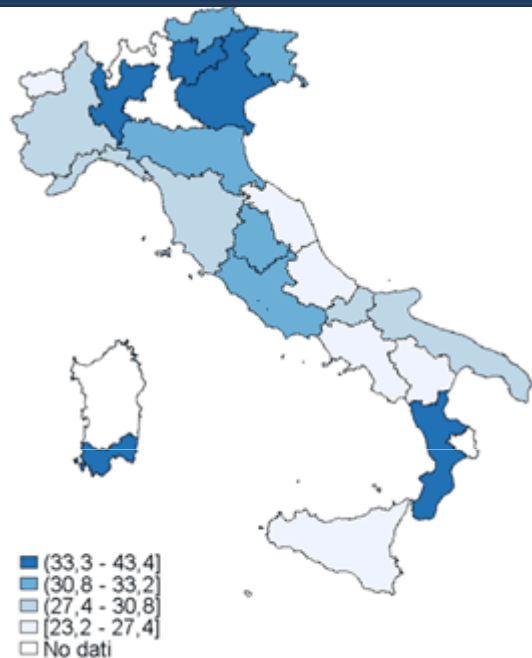


**L'attività fisica era uno dei tre pilastri dell'approccio al diabete**

# Studio PASSI



Attenzione da parte di un operatore sanitario



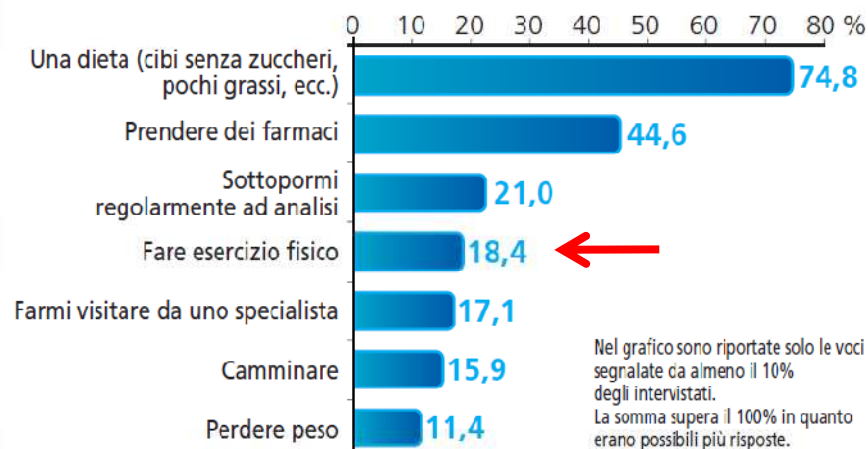
## Attenzione da parte di un operatore sanitario – pool di Asl 2010

	% (IC95%)
Riferisce che un medico/operatore sanitario gli ha chiesto se fa regolare attività fisica*	<b>31,0</b> (30,3-31,6)
Riferisce che un medico/operatore sanitario gli ha consigliato di fare più attività fisica*	<b>31,6</b> (30,9-32,3)

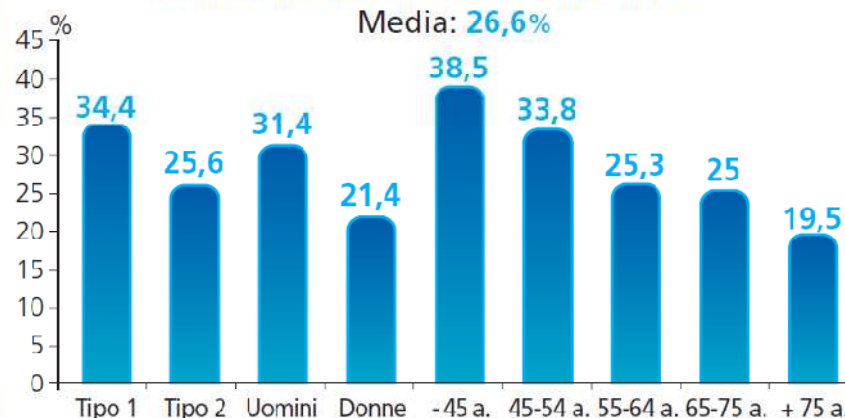
\*vengono escluse le persone che non sono state dal medico negli ultimi 12 mesi

# Studio DAWN

Che cosa le fu consigliato di fare dopo la diagnosi?

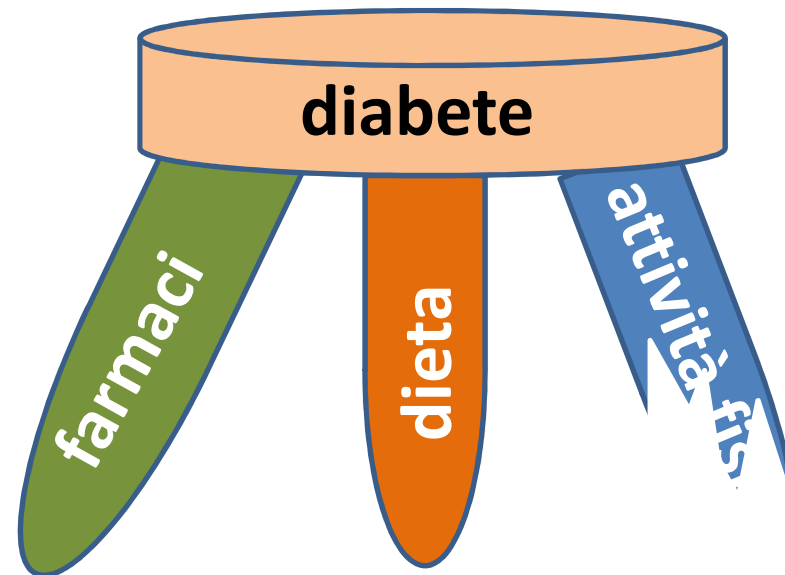


Seguono del tutto le raccomandazioni del medico in tema di esercizio fisico





Chi ricorda le vecchie diapositive diffuse dalla Boehringer a fine anni '80 e lo sgabello del diabete ?



**L'attività fisica era uno dei tre pilastri dell'approccio al diabete**  
**...mi sa che ci siamo persi una gamba...**



Tuto questo è storia, forse un pò personale, ed è presente in tanti tra noi ma non è un percorso strutturato e condiviso  
....e tanto meno è un modello di riferimento...

**Dobbiamo lavorare perché diventi strutturata come .....una prescrizione.....**

**COGNOME NOME**  
COGNOME E NOME DELL'ASSISTITO (O INIZIALI OVE PRESCRITTO DALLA LEGGE)  
**VIA GARIBALDI**  
INDIRIZZO (OVE PRESCRITTO DALLA LEGGE)

**SERVIZIO SANITARIO NAZIONALE**  
**REGIONE EMILIA ROMAGNA**

**0 0 1** (NON ESENTE)    **C 0 1** (CODICE ESENZIONE)    **F 0 1 1 1** (SIGLA PROVINCIA)    **4 1 0 6 2 8 1 9 2 9 1** (CODICE ASL)

**10 sedute di educazione all'attività motoria**  
**Codice esenzione: 013**

**Dr.G: ROSSI**

**0 0 1** (NUMERO CONFEZIONI / PRESTAZIONI)    **1 9 0 5 0 9** (DATA)

**PRESCRIZIONE**

**NUMERO PROGRESSIVO**  
**IMPORTI**  
**TICKET**  
**GALEN. OR. CHIAM. ALTRO**