Can exercise improve responses to hypos?

Who
Prof. Rory McCrimmon, University of Dundee

When
August 2017 - July 2020

What
1. Single burst of high-intensity exercise for participants
2. Measure body’s hormonal response to hypoglycaemia
3. Six week high-intensity exercise plan for participants
4. Measure body’s hormonal response to hypos and hypo awareness

Why
- Hypo unawareness can lead to severe hypos, which can be dangerous
- Previous research in rats has shown that high-intensity exercise can greatly improve hormonal responses to hypos

The future
Development of new treatment strategies for people with hypo unawareness