

Can exercise improve responses to hypos?

Who

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When

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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



Hormonal responses normally help the body to recognise when blood glucose levels are dropping low. Repeated hypos can reduce the hormonal responses, and increase the risk of developing hypo unawareness.



Hypo unawareness is when you cannot feel the symptoms of a hypo, making it harder to treat.

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

