

# Physical activity inversely tied to hypoglycemia with coma in T1DM

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(HealthDay)—For patients with type 1 diabetes, regular physical activity (PA) is beneficial for glycemic control, diabetes-linked comorbidities, and cardiovascular risk factors, without apparent increase in adverse events, according to a study published online May 26 in *Diabetes Care*.

Barbara Bohn, from the University of Ulm in Germany, and colleagues examined the correlation between PA and [glycemic control](#) or [cardiovascular risk](#) in a cohort of 18,028 adults with type 1 diabetes. Participants were classified according to self-reported frequency of PA (inactive, one to two times per week, and more than two times per week).

The researchers found that PA was inversely correlated with hemoglobin A1c, diabetic ketoacidosis, body mass index, and dyslipidemia (all P

"In conclusion, being physically active is associated with reduced cardiovascular risk and better glycemic control without an increase in adverse effects," the authors write. "Therefore, PA should be promoted in patients with type 1 diabetes."

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

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