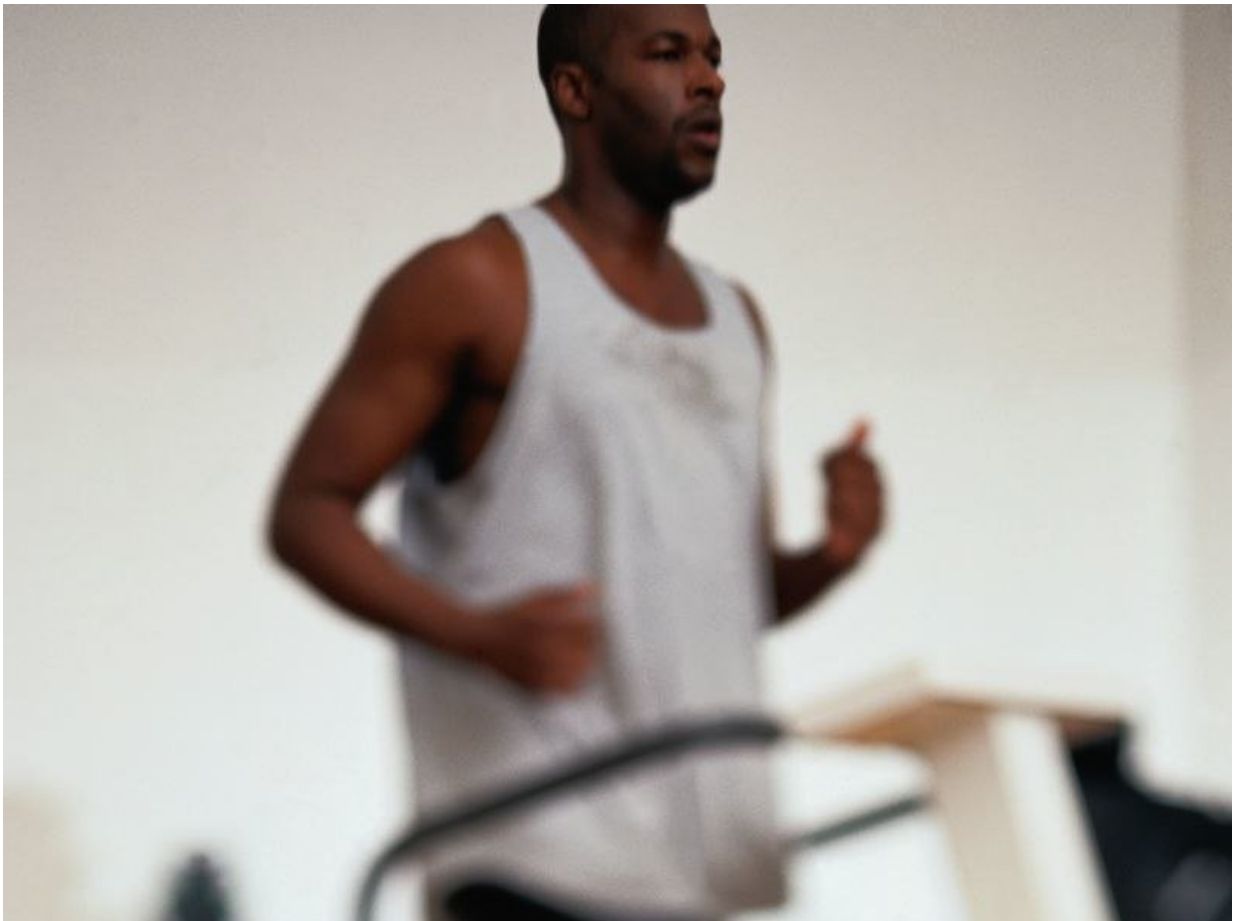


Mini-dose glucagon may halt post-exercise hypoglycemia

May 30 2018



(HealthDay)—Mini-dose glucagon (MDG) is an effective approach for

preventing exercise-induced hypoglycemia in patients with type 1 diabetes, according to a study published online May 18 in *Diabetes Care*.

Michael R. Rickels, M.D., from the University of Pennsylvania in Philadelphia, and colleagues aimed to determine whether MDG given subcutaneously pre-exercise could prevent glucose lowering and compared the glycemic response to current approaches for mitigating exercise-associated [hypoglycemia](#). The authors performed a four-session, randomized crossover trial in which 15 adults with type 1 [diabetes](#) treated with continuous subcutaneous insulin infusion exercised fasting in the morning at approximately 55 percent VO_{2max} with no intervention (control), 50 percent basal insulin reduction, 40-g oral glucose tablets, or 150- μ g subcutaneous MDG.

The researchers found that during exercise and early recovery from exercise, plasma glucose increased slightly with MDG and decreased with control and insulin reduction, and there was a greater increase with glucose tablets. There were no differences in insulin levels among sessions; glucagon increased with MDG administration. Six participants experienced hypoglycemia (plasma glucose

Citation: Mini-dose glucagon may halt post-exercise hypoglycemia (2018, May 30) retrieved 6 May 2024 from <https://medicalxpress.com/news/2018-05-mini-dose-glucagon-halt-post-exercise-hypoglycemia.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.