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Benefits of physical activity to diabetics

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Abstract

At the diabetics, diabetic neuropathy can be as a result of irregular glycemy for a long period and physical inactivity. Patients with instable glycemy feel tired, without enthusiasm, no motivation followed by complains, this is a reason of physical inactivity. The primary aim of study is improving glycemy rates, improvement of muscular force and improvement of diabetic neuropathy signs. 45 patients of different ages with diabetes mellitus and signs of neuropathy were involved in the study. 30 persons of working-group and 15 persons of group-control. Those patients were followed for one month, glycemy, neuropathy signs, muscular force and subjective condition, before and after application of physical activity.

All working-group has gained positive results as well in decreasing glycemy rates, improvement of neuropathy signs, improvement of muscular force and subjective condition. The quality of life is improved with motto Be Active Live the Life.

Biography

Sebahat Zeqiri has completed her Ph.D on 2006 in topic “Evaluation of physical activity in diabetic metabolism glycemy” in University of Tirana Albania. Since 1999 is working in University Clinical Center of Kosovo, Physical Medicine and Rehabilitation Clinic, Prishinte, Kosovo. She has published more than 11 papers in reputed journals, World and European congress.