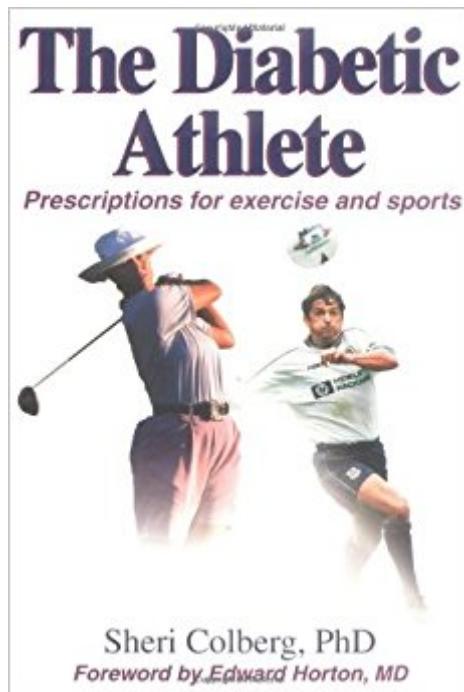


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# The Diabetic Athlete



## Synopsis

The Diabetic Athlete is the only book on the market that gives athletes and dedicated fitness enthusiasts the practical tips to manage type 1 or type 2 diabetes better while training and competing for performance. Written by a diabetic athlete with a PhD in exercise physiology and endorsed by Dr. Edward Horton, a recognized diabetes expert, The Diabetic Athlete draws from collected expertise of hundreds of diabetic athletes, sharing their experiences from sports and fitness training. Colberg analyses their experiences and provides practical advice on blood sugar balance, nutrition, and exercise to help you pursue a normal, vigorously active life. The book presents real-life examples from diabetic athletes on the special modifications they make in their diet and medication for various sports and physical activities, including general recommendations for diet and insulin changes for each activity. The Diabetic Athlete also covers the basics of exercise physiology, metabolism, nutrition, and supplements, including the following critical information:- Blood sugar response to activity- Insulin and oral medications- Nutritional and ergogenic substances- Insulin options for NPH and lente, ultralente, and pump users No other book gives so many sport-specific recommendations to help you safely pursue the activities you enjoy. With Dr. Colberg's advice, you'll feel better than ever while training for fitness and sport performance.

## Book Information

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## Customer Reviews

...underscores the fact that exercise is critical to the person with diabetes...designed for the active

person with diabetes and the health care provider. -- International Diabetic Athletes Association, Al LewisA helpful guide for active people who want to safely enjoy exercise... -- The Courier, September 22, 2000A practical and thoughtful book that will be helpful for individuals with diabetes who want to safely enjoy exercise. -- David E. Kelley, Director of Univ. of Pittsburgh Obesity and Nutrition Research Center

" ""The Diabetic Athlete underscores the fact that exercise is critical to the person with diabetes. The book is designed for the active person with diabetes and the health care provider. The first part provides a basic understanding of the diabetic athlete's response to exercise and sports. The second part provides suggestions for and examples of how diabetic athletes prepare for and respond to exercise-induced changes in blood glucose. •Al Lewis, PhDBoard of directors chairman of the International Diabetic Athletes Association (IDAA) •A practical and thoughtful book that will be helpful for individuals with diabetes who want to safely enjoy exercise. Dr. Sheri Colberg is an exercise scientist with special expertise in diabetes. •David E. Kelley, MDDirector of the University of Pittsburgh's Obesity and Nutrition Research Center "

I used this book to help me figure out how to run a marathon. With the tips that other athletes had figured out to how to handle their sports. I was able to finish my first marathon 4 years ago. It took a lot of experimenting to figure it out (how to run a marathon) but this book did teach me that there is NO one size fits all solution to sports and diabetes. You will need to go through a trial and error process to get to the goal of sporting with diabetes but it can be done. This book encouraged me to experiment and learn for myself that I can manage my own type 1 diabetes. This book will help parents and caregivers as well with all the stories and all the different sports that are covered. A must have in any diabetic library.

Hopefully an update is on its way for this book! It is a great book but we are beyond NPH and its issues. With some of the newer longer-acting insulins, there are new techniques to try...With the advent of the CGMS, very valuable information is available to an athlete if they can afford to buy one and/or if their insurance company covers one.

This was not quite as helpful as I'd hoped. I can understand why, since there is no one answer for the challenges of managing diabetes and exercise. It listed many types of exercise and then what various diabetics might do in certain situations, but the end result is that you STILL have to figure it

out for yourself. I guess I was looking for more guidance, and more physiological information. Still worth purchasing, and there is a new version in the works by the same author.

Thanks

The book was informative but not exactly what I was looking for. It was geared more for a person who was taken insulin or on a pump. I was looking for something more in line with someone on an oral medication with type-2 Diabetes. But that taken into account it was both easy to read and very informative. I'm glad I have it in my library.

This book is divided to two parts. The first part explains the physiology of exercise and how it relates to diabetics. It includes general chapters and chapters dedicated to type 1 and type 2. The premise of the book is that knowledge is power, so knowing what the body does during an exercise is powering you to better manage your diabetes as it relates to exercise. It also has a chapter on nutritional supplements for diabetic athletes. The second half of the book deals with specific sport activities and gives advice on how to change your nutrition or insulin regimes to better accommodate for these activities plus examples from actual athletes. I found this part to be less useful. However the book is worth its weight in gold just for the first part and is a must have for any diabetic that considers exercise as part of his medication. The book is very well written, full of concise and clear information.

My son is 12 years old and a very strong, diverse athlete. He plays ice hockey, baseball and football and is very organized and very driven. As a newly diagnosed diabetic, we have many many questions about how diabetes is going to affect his life. This book gave me many ideas and made me realize that my son is first and foremost an athlete and we will fit the diabetes into his life. He is doing really well and told me yesterday that having diabetes isn't such a big deal. We are well into the baseball season and looking ahead to hockey. I was very nervous about handling low blood sugars, but he seems to take it all in stride. I highly recommend this book -- it is easy and interesting to read.

I am a Type 2 diabetic using an insulin pump. I participate in several sports including SCUBA diving. The book is not a step by step instruction guide but gives you the issues that one must deal with in specific sports. Reading all the sections gives one a overall idea of what a diabetic on meds or

insulin should be concerned with when being physically active.

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