

不同活動型態、時間對第二型糖尿病患者血糖立即反應影響之探討

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摘要

本研究目的在探討不同活動型態、時間對第二型糖尿病患者血糖立即變化之影響，並分析不同藥物和性別對血糖變化之影響。以立意取樣法選取 21 位符合條件之個案為對象，每位個案執行三項不同活動型態(包括休息、一般看診活動及有氧運動)，每項均監測 40 分鐘，以血糖測試機測試執行活動前及活動後 10 分鐘、20 分鐘、30 分鐘、40 分鐘血糖之變化。研究結果顯示，有氧運動下血糖下降量顯著大於休息狀態和一般看診活動，在 20、30、40 分鐘有氧運動下，血糖下降量顯著大於 10 分鐘。在 10 分鐘的有氧運動下，服用 Sulfonylurea 藥物的病患，血糖下降百分比高於 Metformin 和合併服用兩種藥物的病患。男性在有氧運動下血糖下降百分比顯著高於女性。

Abstract

The purpose of this study was to examine the influence of different activity modes and durations on glucose response among type 2 Diabetes Mellitus patients. Twenty-one subjects who met the selection criteria were selected by purposive sampling. A subject's serum glucose level was determined by using the mini Accutrend monitor before, and then 10 minutes, 20 minutes, 30 minutes, and 40 minutes after three kinds of activities, which included rest, hospital routines (such as registering, getting medication, waiting in line, etc.), and aerobic exercise. The results of this study demonstrated that the decrease in serum glucose was greater after performing aerobic exercise than after rest or hospital routines. Also, a greater decrease in serum glucose was found after 20, 30, and 40 minutes aerobic exercise than after 10 minutes aerobic exercise. Subjects who took sulfonylurea had a larger decrease in serum glucose after 10 minutes aerobic exercise than subjects who took metformin. A greater decrease in serum glucose was found in males than females after aerobic exercise.