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Benefits of exercise in taking control of diabetes mellitus and reducing the threats of cardiovascular diseases**Maresh B. Borhade**

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Diabetes mellitus leads to macro vascular and micro vascular complications, resulting in life-threatening conditions. Exercise is considered an important therapeutic regimen for diabetes mellitus. Exercise in diabetic patients promotes cardiovascular benefits by reducing cardiovascular risk and mortality, assists with weight management, and it improves glycemic control. The increased tissue sensitivity to insulin produces a beneficial effect on glycemic control. Maintenance of the exercise program in patients with type 2 diabetes is an important goal because it is associated with long-term cardiovascular benefits and reduced mortality. Inter-professional team approach is crucial for Long term compliance of patients for exercise regimen. Primary care physicians and nursing professional, diabetes educators caring for patients play an important role in educating these patients of the importance of exercise regimen as a therapeutic option for the disease management. There have been studies which suggested simple behavioral counseling by clinicians and nurse educators during routine clinic visits gave encouraging results for increasing compliance, although long-term follow-up is needed. Exercise regimens are difficult to maintain for more than 3 months due to intense nature of the programs requiring extra visits for special classes. In a 10-year study of 255 patients with diabetes enrolled in a diabetes education program emphasizing exercise, the rate of compliance fell from 80% for 6 weeks to less than 50% for 3 months. The compliance rate further dropped to less than 20% at 1 year. A coordinated inter professional approach with educators working with clinicians will help to maximize compliance.

Biography

Maresh Borhade MC, CHCQM-PHYADV is an American Board of Internal Medicine certified and certified by American Board of Quality Assurance & Utilization Review Physicians in Healthcare Quality & Management. He serves as a Medical Director at Person Memorial Hospital, Medical Director at Extended Care Unit a Nursing Home and as a Director for Utilization Review for Person Memorial Hospital, Roxboro NC, USA. He has extensive experience in acute inpatient and outpatient medical care for geriatric population with chronic medical comorbidities. He has been actively working in academics and research activities. He serves as a scientific reviewer, editorial member, expert panel for population studies projects. He has worked as an Organizing Committee for international conferences before. His areas of interests are Endocrinology, Hypertension, Diabetes, Cardiovascular Disease, Public Health and Healthcare Quality and Management.

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