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Diabetes The Sweet Disease

After introducing simple sugar (Mountain Dew) into the system, is blood glucose effected by an intervention of exercise? In conducting this research, blood samples from three subjects (ages 37-42) were obtained. The measurement method used was milligrams/dl by glucometer. Subjects were tested at baseline every half hour for one and a half hours with no intervention. In the intervention phase the same subjects were tested at the same intervals, however, they were asked to walk on a treadmill for thirty minutes at a moderate level after the second blood glucose test was administered. At baseline, the first set of glucose results were within normal limits. As expected, after introducing sugar (Mountain Dew) to the body the glucose levels increased. After the third test, the blood glucose level went back down close to the fasting results. In the intervention phase, the fasting glucose levels were again within normal ranges. After introducing the sugar, they again increased as expected. However, after introducing the intervention (exercise) the blood glucose levels dropped below fasting levels. In all three subjects, the final intervention results proved that exercising will lower blood glucose levels. Further, this demonstrates that exercise metabolizes added sugars by converting the sugar into energy. This would suggest that eating a healthy diet, getting plenty of exercise, and maintaining a healthy weight may be necessary to preventing and managing diabetes.