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Significant Benefits From Exercise and Acarbose Treatment

[Combined treatment with exercise training and acarbose improves metabolic control and cardiovascular risk factor profile in subjects with mild type 2 diabetes, by H. Wagner and colleagues. *Diabetes Care* 29:1471-1477, 2006.](#)

What is the problem and what is known about it so far?

Type 2 diabetes and hyperglycemia (high blood glucose) can lead to cardiovascular (heart and blood vessel) problems.

Why did the researchers do this particular study?

Exercising is recommended for patients with diabetes. This study was done to see if an exercise plan, either with or without acarbose (a blood glucose control medicine), or acarbose treatment alone would better help patients with type 2 diabetes and hyperglycemia.

Who was studied?

Sixty-two patients with type 2 diabetes who were from Sweden.

How was the study done?

The patients were put in one of the following groups: exercise training with acarbose treatment, exercise training without acarbose treatment, or acarbose treatment alone. After 12 weeks, doctors checked the patients' cardiovascular health and blood glucose levels.

What did the researchers find?

Patients who exercised and took acarbose had better blood glucose control.

What were the limitations of the study?

The number of patients in each group was rather small, and the group on exercise training alone did not receive placebo.

Some of the authors have received grant research support from Bayer, which manufactures acarbose.

What are the implications of the study?

Improving one's glucose levels helps lower the risk for cardiovascular problems. When acarbose treatment and exercise are combined, blood glucose control is significantly improved

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[Make the Link! Diabetes, Heart Disease, and Stroke](#)

[The "I Hate to Exercise" Book for People With Diabetes](#)

