

# NDIKIMI I AKTIVITETIT FIZIKË NË VLERAT E GLIKEMISË TE TË SËMURËT ME DIABETES MELLITUS

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## Summary

### THE IMPACT OF PHYSICAL IN GLYCEMIA VALUES AT THE PATIENTS WITH DIABETES MELLITUS

Diabetes mellitus (DM) is a metabolic disorder that is characterized hyperglykemia. Diabetes mellitus is the most common endocrinology disease, and therefore is a major health concern for the individuals suffering from it in particular and for the health system in general. Quite in the early stages, the physical activity was accepted as a particular therapeutic treatment for the diabetic patients. A good knowledge of physiological changes that occur during physical activity, have created an opportunity to address the importance of physical activity in diabetes control and prevention of some diabetes related complications. This study had a purpose of assessing the role of physical activity at the patients with diabetes mellitus and their glycemia levels. The study was performed in Endocrinology ward of Internal Diseases Department and the Physiotherapy ward during the time period of 2003-2004. 96 patients with diabetes mellitus have been included in the study, and 58 of them were female whereas 38 were male. Physical activity was performed for 10 days straight.

There was a psychological preparation in advances for diabetes mellitus patients. At the sample analysis of male patients with diabetes mellitus-type 1, there was decrease of glycemia levels for 25.0mg/dl after physical activity. At the sample analysis of male patients with diabetes mellitus-type 2, there was a decrease of glycemia levels for 25.4 mg/dl after physical activity. At the sample analysis of female patients with diabetes mellitus-type 1, there was a decrease of glycemia levels for 30.4 mg/dl after physical activity. At the sample analysis of female patients with diabetes mellitus-type 2, there was a decrease of glycemia levels for 18.0 mg/dl after physical activity. At male patients with diabetes mellitus-type 1 after physical activity there was a decrease in glycemia levels compared to patients with diabetes mellitus-type 2. At female patients with diabetes mellitus-type 1 after physical activity there was a decrease in glycemia levels compared to patients with diabetes mellitus-type 2. As far as diabetes type and gender structure there were no differences in the decrease of glycemia levels. Our study has realized its objectives and has prove the similarity of our results with the results of other authors on the role of physical activity in glycemia levels decrease at diabetes mellitus patients with both types and genders. Based on our results, we can conclude that physical activity should be a part of the therapy in patients with diabetes mellitus. Physical activity has a significant impact in the decrease of glycemia levels at the patients with diabetes mellitus.

Diabetes mellitus (DM) paraqet çrregullimet metabolike që karakterizohen me hiperglicemi. Diabetes mellitus është sëmundja më e shpeshtë endokrine, prandaj është një problem madhor në mjekësi, për individët që vuajnë nga kjo sëmundje në veçanti, kurse për shëndetësinë në përgjithësi (1).

Prevalenca e diabetes mellitus në botë është rritur në mënyrë dramatike gjatë

20-30 vitet e fundit. Ndërmjet viteve 1976-1994, prevalenca e diabetes mellitus tek adultët në SHBA është rritur nga 8,9% në 12,3%. Në vitin 1998 përafërsisht 16 milionë persona në SHBA (rreth 6% të popullatës) kishin kritere diagnostike për diabetes mellitus. Diabetes mellitus karakterizohet me ndërlikime kronike, që janë përgjegjëse në të shumtën e rasteve, për sëmundshmërinë dhe vdekshmërinë në këta të sëmurë. Ndërlikimet

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