

Contents

1	Endocrine and Metabolic Responses to Exercise	1
	Kostas Tsintzas and Ian A. MacDonald	
2	The Impact of Type 1 Diabetes on the Physiological Responses to Exercise	29
	Michael C. Riddell	
3	Pre-exercise Insulin and Carbohydrate Strategies in the Exercising T1DM Individual	47
	Richard M. Bracken, Daniel J. West, and Stephen C. Bain	
4	Physical Activity in Childhood Diabetes	73
	Krystyna A. Matyka and S. Francesca Annan	
5	The Role of Newer Technologies (CSII and CGM) and Novel Strategies in the Management of Type 1 Diabetes for Sport and Exercise	101
	Alistair N. Lumb	
6	Hypoglycemia and Hypoglycemia Unawareness During and Following Exercise	115
	Lisa M. Younk and Stephen N. Davis	
7	Fueling the Athlete with Type 1 Diabetes	151
	Carin Hume	
8	Diabetes and Doping	167
	Richard I.G. Holt	
9	Synthesis of Best Practice	193
	Ian Gallen	
10	The Athlete’s Perspective	203
	Index	219