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Suggestive effect of sportive recreational program units on the level of glycosylated HbA1c, LDL and HDL in children with type 1 diabetes mellitus

Amna M M Ibrahim¹, Saad K Taha², Ahmed S Abdel Hakim³ and Inas E M Ahmed kamel⁴

¹Helwan University, Egypt

²Elazhar Universities, Egypt

³Ministry of Youth and Sports, Egypt

⁴National Research Centre, Egypt

Diabetes has spread all over the world while the numbers of the patients with this disease have been increased. Diabetes (type I) which afflicting the human being during an early stage of his age due to a defect of the Pancreatic function for providing the body with any quantity from the Insulin as a result for damaging the β -cells of the Islands of Langer Hanz completely which are producing the Insulin, and because of the Insulin is expensive so we shed the light on our aim of this study to find a positive means for dealing with the diabetes, whether throughout the culturing which helps to limit its spread.

Methods: study carried out on 40 child at the center of the Gazira Youths Syllabus study was applied on age stage (13-15) years from among the diabetics (type I), which had chosen them according to the intended method participated (10) child in the pilot study and (30) child in the major experiment and they have been divided into two groups, each group of them contains (15) child as follows: The first group, which is the control's group and which didn't share in the sports recreational program is suggested and took only insulin The second group is the experimental one, which participated in the sports recreational program is suggested, in addition to taking insulin doses with measuring blood glucose level, glycosylated HbA1C, LDL and HDL. The approval of guardians on participation of their children within this program.

Results : Through application of the sports recreational program is the suggested, for the children who are diabetics (The Type I) from the participants within the National Camps for pioneers and observation to some of the physiological variables (The glucose level in the blood (Hemoglobin Glycated Hb A1C) and according to it of the doses of the Insulin which is has given - the low density lipoprotein LDL - the high density lipoprotein HDL) then discussion the statistical denotations between the measurements before and after application of the program for each from the two research groups (The experimental group- The control's group), maybe abstracting of the results as follows : Application the sports recreational program is the suggested has performed to decreasing has statistical significant in decreasing the glucose level in the blood in the study group than control group ($p=0.001$). Also there were a statistically significance lowering in LDL level ($p<0.001$) also there is statistically significance increasing in the HDL level in the study group than control group.

Conclusion: recreational program application beside conventional medical treatment is of good value in improving of the Type 1 DM.

Biography

Amna M M Ibrahim has completed her PhD from Helwan University. She was the Head of Recreation Department in Faculty of Physical Education for boys Helwan University, one of the quality team in the college at Helwan University, she was the female Member of Weight Lifting Federation of Egypt. She has published more than 20 papers in pediatrics and sports journal.

md@ccg-eg.org

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