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Bone health in diabetes and prediabetes



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Football May Improve Bone Health In Elderly With ...

www.ndtv.com › Food ▾

If the findings of a latest study are to be believed, an hour of football training session twice a week, combined with a **healthy** diet can improve **bone health** in older adults with **prediabetes**. This may happen due to inadequate production of insulin by the pancreas or when the cells of the **body** do not respond to the insulin produced. Diet forms a crucial aspect of **diabetes** management. For people suffering from **prediabetes**, it is all the more important to make **healthy** tweaks to their diet before itself, to prevent onset of **diabetes**.

Author: NDTV Food Desk

Football training helps improve bone health in 55-70-year ...

<https://www.news-medical.net/news/20180728/Football-training-helps...> ▾

Jul 29, 2018 · Football training helps improve **bone health** in 55-70-year-olds with **prediabetes**. After 16 weeks of training, between-group changes in favour of football training were observed for **bone** mineral content of the **femoral** neck (3.2%) and **femoral** shaft (2.5%) as well as for **bone** mineral content (32 g).

User rating: 5/5 Author: News Medical

Football may improve bone health in elderly with ...

<https://www.thehealthsite.com/news/football-may-improve-bone...> ▾

Individuals with prediabetes and Type-2 **diabetes** have a higher prevalence of osteopenia — a condition that occurs when the body does not make new **bone** as quickly as it reabsorbs old **bone** — and ...

Prediabetes patients should play football to improve bone ...

<https://www.hindustantimes.com/fitness/prediabetes-patients-should...> ▾

Prediabetes patients should play football to improve **bone health** Type 2 prediabetes patients should get an hour of football training twice a week, combined with dietary guidance to improve **bone** ...

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Name of Journal: *World Journal of Diabetes*

Manuscript NO: 48098

Manuscript Type: REVIEW

Bone health in diabetes and prediabetes

Costantini S *et al.* Bone and diabetes

Silvia Costantini, Caterina Conte

Abstract

Bone fragility has been recognized as a complication of diabetes, both type 1 diabetes (T1D) and type 2 diabetes (T2D), whereas the relationship between prediabetes and fracture risk is less clear. Fractures can deeply impact a diabetic patient's quality of life. However, the

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What Is the Connection Between Diabetes and Bone Health ...

<https://americanbonehealth.org/bone-density/what-is-the-connection-between-diabetes...> ▾

The **bottom line** is that people with type 2 **diabetes** need to be concerned about their **bone health**. Steps to take: 1) work to control **blood sugar**, 2) improve strength and balance to **prevent falls**, and 3) talk to a **health care** provider about fracture risk and whether you should take a medication to reduce your fracture risk.

Bone Health and Diabetes | Joslin Diabetes Center

https://www.joslin.org/info/Bone_Health_and_Diabetes.html ▾

Bone Health and Diabetes. People with type 1 **diabetes** tend to have low **bone density**, which increases the risk of osteoporosis and fractures. Although those with type 2 **diabetes** are often overweight, which is associated with higher **bone density**, they too are prone to fractures. Plus, everyone loses **bone density** and muscle mass with age. "With...

Bone health and diabetes - MedicographiaMedicographia

<https://www.medicographia.com/2011/05/bone-health-and-diabetes> ▾

In conclusion, **bone health** is an important consideration in **diabetes**, and caution should be exercised in **prescribing** thiazolidinediones to **postmenopausal women** with low **bonemass** and patients with prior fragility fracture. This article reviews the current state of knowledge on the association between **diabetes and bone health**.

Prediabetes | Hormone Health Network

<https://www.hormone.org/diseases-and-conditions/diabetes/types-of-diabetes/prediabetes> ▾

Prediabetes occurs when **blood glucose levels** are higher than normal, but not high enough for a **diabetes diagnosis**. Over time, this can increase your risk of **heart disease** and stroke, as well as your risk of developing type 2 **diabetes**. Unfortunately, **prediabetes symptoms** are hard to spot, so many people have the condition without a proper diagnosis.

Bone and joint problems associated with diabetes - Mayo ...

<https://www.mayoclinic.org/diseases-conditions/diabetes/in-depth/diabetes/art-20049314> ▾

If you have **diabetes**, you're at increased risk of various **bone** and joint disorders. Certain factors, such as nerve damage (diabetic neuropathy), arterial disease and obesity, may contribute to these problems — but often the cause isn't clear.

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Football Training Improves Bone Health in People With ...

<https://www.medindia.net/news/football-training-benefits-bone-health-in-people-with...> ▾

Football Fitness as treatment against type 2 diabetes. The idea of football for 60 and 70-year-old patients with **poor bone health** is new, but the present study revealed that a modified version of football, the so-called **Football Fitness** concept, was feasible and ...

Author: Colleen Fleiss

Football may improve bone health in elderly with ...

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