

Visiting Professor Glenn McConell

Professor of Exercise Metabolism at College of Sport and Exercise Metabolism, Victoria University, Melbourne, Australia

Principal investigator: Erik A. Richter, University of Copenhagen, Dept. of Nutrition, Exercise and Sport

Title of Project: Investigation of the regulation of insulin sensitivity after exercise in people with type 2 diabetes

ABSTRACT

The level of insulin sensitivity of the body is very important and indeed reductions in insulin sensitivity are central to many chronic diseases including diabetes, cardiovascular disease and even cancer. Exercise increases insulin sensitivity for 24-48 hours and importantly people with type 2 diabetes have normal increases in insulin sensitivity with exercise. The purpose of my visit is to conduct a follow up study with Professor Erik Richter extending our important novel recent findings that insulin-stimulated increases in skeletal muscle blood flow are essential for the insulin sensitising effects of exercise. We will examine the regulation of skeletal muscle insulin sensitivity at rest and after exercise in various conditions.