

### Acute hypoxia and exercise improve insulin sensitivity ...

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Interestingly, endurance exercise in moderate hypoxia showed a profound lowering effect on blood glucose concentration in patients with type 2 diabetes [32], suggesting that glucose uptake by ...

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tion (14-19). In addition, hypoxic therapy, which involves various forms of intermittent exercise under hypoxic conditions, is widely used as a new exercise paradigm for obesity treatment in many countries (1, 20, 21). Hypoxic therapy has been reported to improve obesity and obesity-related diseases via appetite loss, reduced dietary intake,

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### Is It Time to Change the Type 2 Diabetes Treatment ...

<https://care.diabetesjournals.org/content/40/8/1121> ▾

Aug 01, 2017 - Most treatment guidelines, including those from the American Diabetes Association/European Association for the Study of Diabetes and the International Diabetes Federation,

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Name of Journal: *World Journal of Diabetes*

Manuscript NO: 62454

Manuscript Type: REVIEW

**Exercise intervention under hypoxic condition as a new therapeutic paradigm for type 2 diabetes mellitus: a narrative review**

Exercise intervention under hypoxic condition for T2DM

**Abstract**

This review aims to summarize the health benefits of exposure to hypoxic conditions during exercise in patients with type 2 diabetes mellitus (T2DM). Exposure to hypoxic conditions during exercise training positively changes the physiological response in healthy subjects. Exposure to hypoxic conditions during exercise could markedly increase skeletal muscle glucose uptake compared to that in normoxic conditions. Furthermore, post-exercise insulin sensitivity of T2DM patients increases more when exercising under hypoxia than under normoxic conditions. People exercise under

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### Won-Sang JUNG | Doctor of Exercise Physiology | Konkuk ...

<https://www.researchgate.net/profile/Won-Sang-Jung>

Nowadays, exercise intervention in hypoxia is recognized as a new therapeutic modality for health promotion and disease prevention or treatment based on the lower mortality and prevalence of ...

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