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Gail Nichol  December 4, 2015
Is ResearchGate Facebook for science?
Search for articles in Scopus with the keywords "diabetes", "exercise" or "physical activity" in the title, abstract, or keywords. Limit the search to the last 7 days and select Life Sciences, Physical Sciences, and Health Sciences in the subject areas.

Document Type: All

Date Range: All years to Present

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- Life Sciences: > 4,300 titles
- Physical Sciences: > 7,200 titles
- Health Sciences: > 6,800 titles with 100% Medline coverage
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Physical activity advice only or structured exercise training with blood pressure levels in patients with type 2 diabetes: A systematic review and meta-analysis

Umpierre, D.1, Ribeiro, P.A.B.1, Kramer, C.K.2, Leitão, C.B.1, Zucchi, M.C.S.2,3,4
1 Exercise Pathophysiology Research Laboratory, Hospital de Clínicas de Porto Alegre, Porto Alegre, Brazil
2 Endocrinology Division, Hospital de Clínicas de Porto Alegre, Porto Alegre, Brazil
3 Cardiology Division, Hospital de Clínicas de Porto Alegre, Porto Alegre, Brazil
4 Postgraduate Program in Medicine, University of Porto Alegre, Porto Alegre, Brazil

Abstract

Context: Regular exercise improves glucose control in diabetes patients. Data Sources: MEDLINE, Cochrane-ClinicalTrials, CENTRAL, and SCOPUS.

Objective: To conduct a systematic review and meta-analysis of randomized controlled trials (RCTs) of exercise intervention for blood pressure control in patients with type 2 diabetes.

Methods: A systematic literature search was conducted. Random effects meta-analysis was performed to calculate the standard mean difference (SMD) and 95% confidence interval (CI) for systolic and diastolic blood pressures.

Results: A total of 1,708 studies were screened, of which 30 trials were included in the analysis. The SMD for systolic blood pressure was -0.15 mm Hg (95% CI: -0.26 to -0.04) and for diastolic blood pressure was -0.10 mm Hg (95% CI: -0.20 to -0.00). These results were significant after exclusion of high-quality trials.

Conclusion: Exercise intervention reduces blood pressure in patients with type 2 diabetes.
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Ethics, 496-507

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Ethics, 555-575

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Co-authors

Mohan Matthen
There is increasing emphasis on research metrics (e.g. tenure, promotion, awards, funding). How do you see this reflected in the disciplines that you serve?