

Dr. Martin Sénéchal



TREATMENT | HEALTH SERVICES

Project: The Feasibility of Blood Flow Restriction Training in Individuals with Type 2 Diabetes

Thanks to our generous donors and together with our funding partner, the River Philip Foundation, we are supporting critical research that will end diabetes.

Through your support, Dr. Martin Sénéchal, Professor with the Faculty of Kinesiology at the University of New Brunswick, is bringing us one step closer to helping people living with type 2 diabetes manage their health through exercise.

Approximately one in three Canadians live with high blood sugar levels, increasing their risk of developing other health problems. While exercise is often recommended to help control blood sugar levels, people with high blood sugar are prone to deconditioning or reduced fitness and muscle tone, which prevent individuals from exercising at moderate-to-vigorous intensities. This limitation causes an increased risk of disease development and hospitalization.

Dr. Sénéchal and his team will determine whether exercise training combined with blood flow restriction can improve the health of deconditioned people. To restrict blood flow, people will wear leg blood pressure cuffs. They will test a six-week aerobic training and blood flow restriction caused by wearing leg blood pressure cuffs in individuals living with type 2 diabetes. After six weeks, they will assess the intervention's success to determine if a larger study is feasible.

The results obtained from this study will help establish this training program as a viable treatment for individuals living with type 2 diabetes facing exercise limitations, to help improve their health and quality of life.