

LEARNING FROM LEGENDS PROFESSOR EDWARD HORTON THOUGHTS ON OBESITY, METABOLISM AND DIABETES



AACE 2017

Annu. Rev. Med. 1971.22:235-248.

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**INDUCIBLE METABOLIC ABNORMALITIES
DURING DEVELOPMENT OF OBESITY¹**

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“Obesity is a disorder which, like venereal disease, is blamed upon the patient.”—E. B. Astwood (1)

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Is Luxusconsumption dead?—In the course of a 746-day balance study which he carried out on himself at the turn of the century, Neumann (49) noted that in spite of moderate variations in total caloric intake his weight remained constant without obvious change in activity. In 1912 Graefe and Koch (in 50) reported experiments involving overfeeding both of dogs and of

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We will again borrow a quotation from Dr. Astwood's 1962 address (1) which incorporates the feeling of our group:

“One can also fatten animals by stuffing and doubtless we could do the same thing to ourselves if we put our minds to it. . . . But I do not consider this a common cause of overweight in man; not many people try to get into the circus this way—they become candidates spontaneously.”

0195-9131/86/1801-0010\$2.00/0

MEDICINE AND SCIENCE IN SPORTS AND EXERCISE

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Vol. 18, No. 1

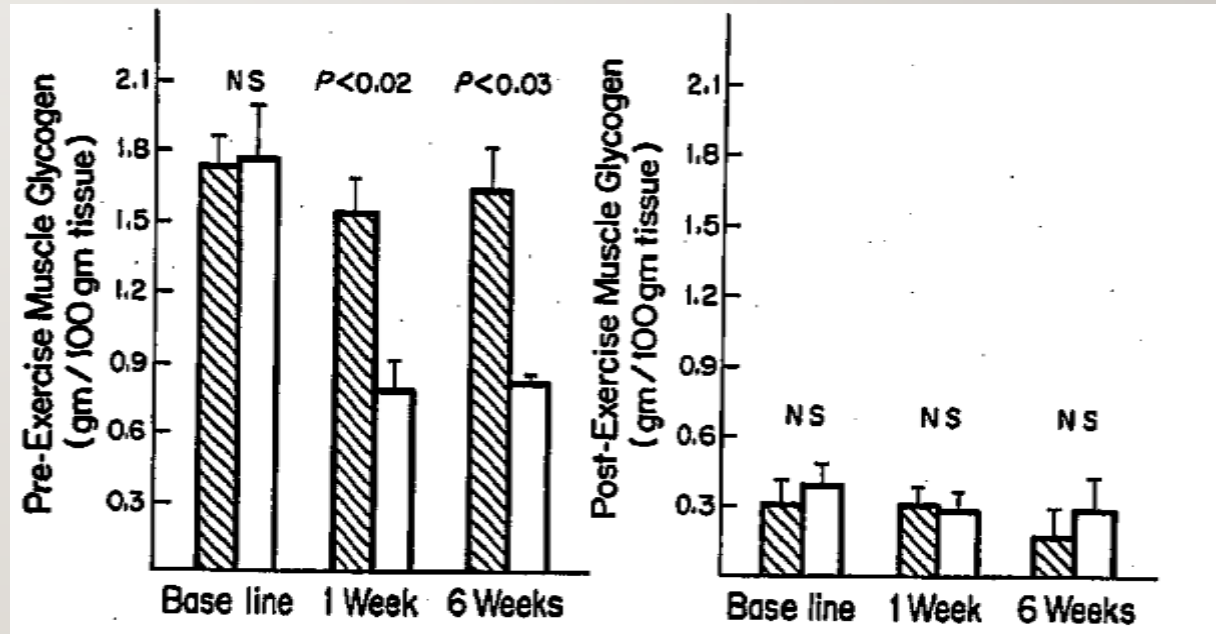
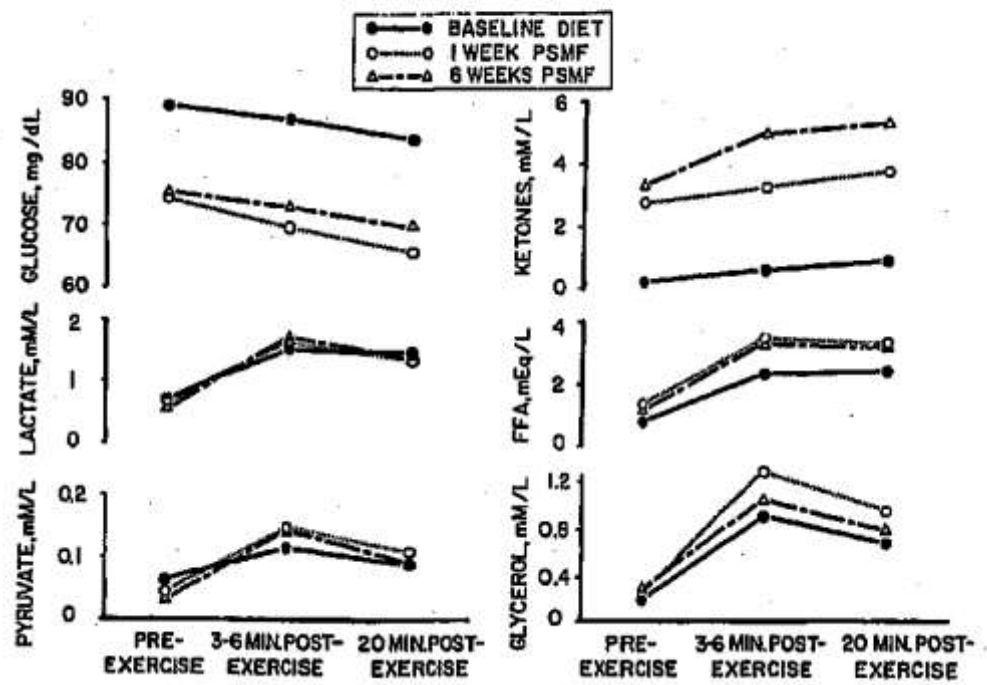
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Metabolic aspects of exercise and weight reduction

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SUBSTRATE CONCENTRATIONS DURING TREADMILL TESTS



CHANGES IN MUSCLE GLYCOGEN VS. ENDURANCE

CHANGES IN GLUCOSE DISPOSAL WITH DIET / EXERCISE

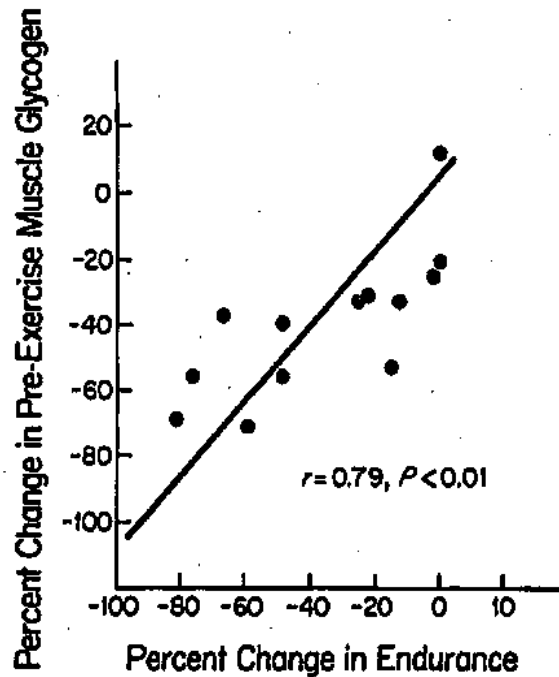


Figure 3—Correlation between percentage of change in endurance and percentage of change in resting muscle glycogen content. The values are calculated as the percentage changes from the baseline period after 1 or 6 wk of carbohydrate-containing or carbohydrate-restricted, low calorie diets ($830 \text{ kcal} \cdot \text{d}^{-1}$). From Ref. 4.

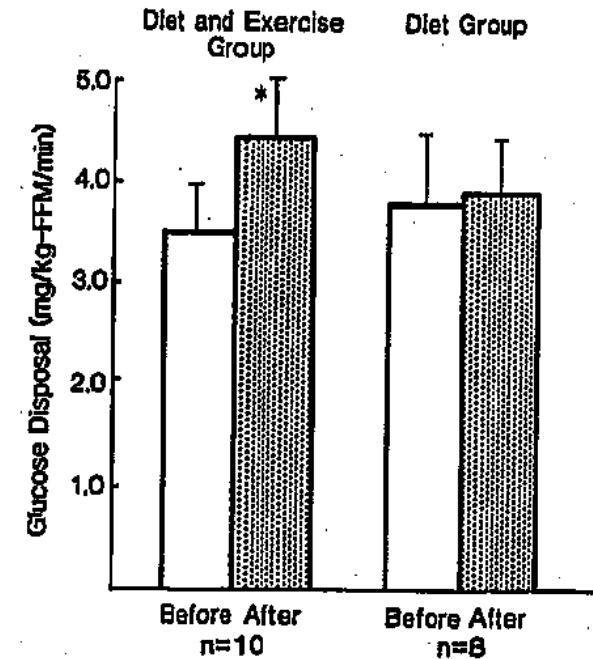


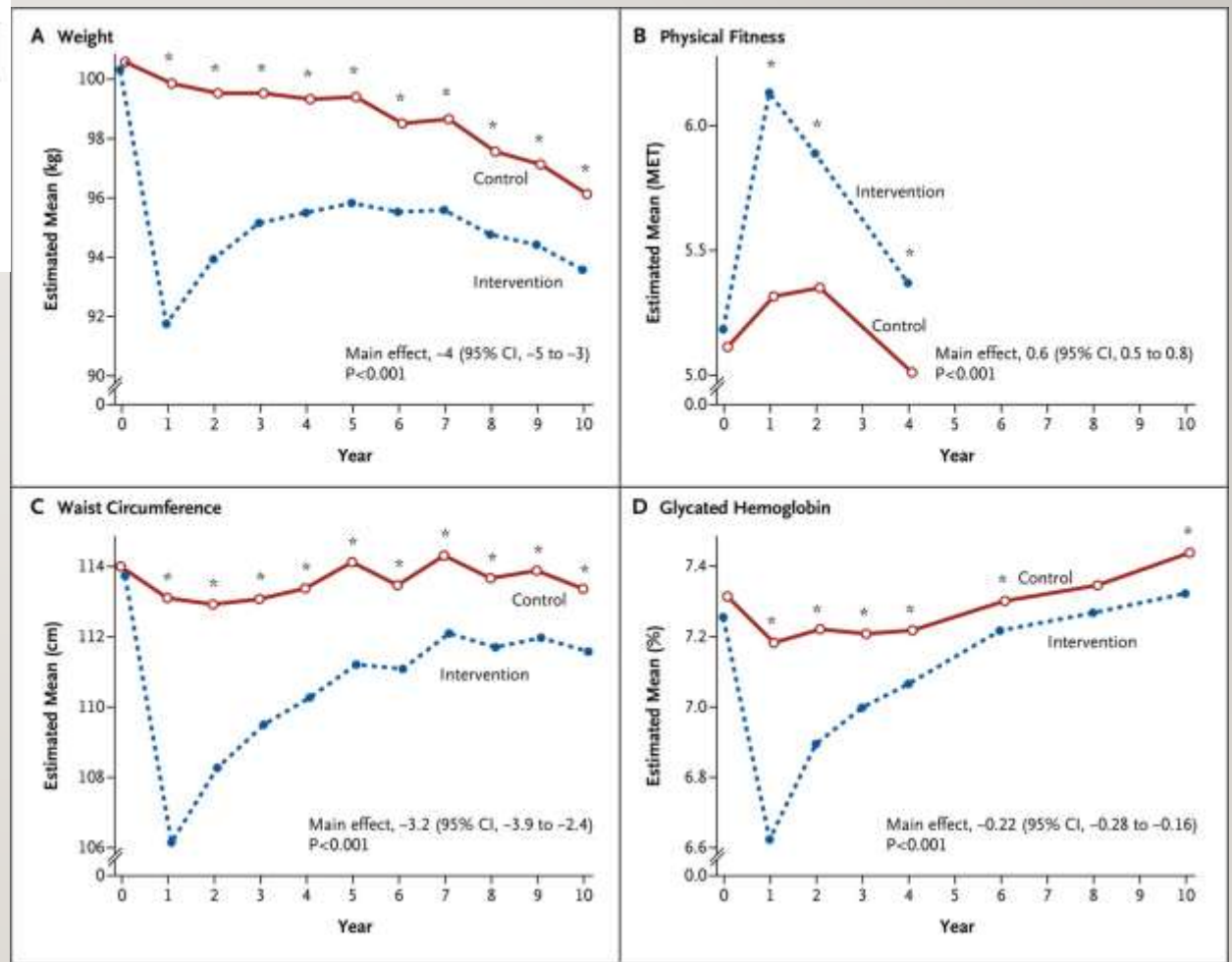
Figure 4—Total glucose disposal as determined by the euglycemic-hyperinsulinemic clamp technique before and after 12 wk of treatment by diet alone or diet plus physical exercise. Open bars represent the initial findings, and the stippled bars are those following the therapeutic program. * Significant increase in total glucose disposal in this group; $P < 0.05$. From Ref. 5.



ORIGINAL ARTICLE

Cardiovascular Effects of Intensive Lifestyle Intervention in Type 2 Diabetes

The Look AHEAD Research Group
June 24, 2013



Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association

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Diabetes Care 2016;39:2065–2079 | DOI: 10.2337/dc16-1728



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