

## Vascular function in patients suffering from Diabetes Mellitus Type 2

### Clinical relevance

Type 2 Diabetes Mellitus is a growing problem in Western society. Even though the central characteristic of patients suffering from Type 2 Diabetes is the inability to maintain glucose homeostasis, a lot of the complications in these patients have a vascular background. Ulcerations, diminished sensibility in the feet and legs, and poor wound healing and complications that occur often, and in some cases amputation is the only option. Furthermore, patients have an increased risk to develop cardiovascular disease.

### Background

To decrease the possibility of complications, improvement of vascular function in these patients is of the utmost importance, and physical exercise plays an important part in the clinical strategy. However, where improving vascular function in diabetes is concerned, the optimal method of exercise training is unknown.

### Goals

At the department of Physiology we study different interventions to optimise the vascular effects of exercise in this patient group, such as medication that increases blood flow during exercise, local heating of the limbs, prevention of hyperglycaemia during exercise, and hypoxic training.

### We offer:

The possibility to perform and present high quality clinically oriented research in a professional, multicultural and highly motivating working environment in a well-equipped department. During this internship you have the responsibility for your own part of a study, in which you will learn to independently perform several techniques and interact with patients.

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