Mathematical Model for the Dynamics of Glucose Regulatory System under the Combined Effect of Dieting and Physical Activity

Ibrahim Isa Adamu¹,*, Yusuf Haruna² and E.J.D. Garba³

¹ Department of Mathematics & Computer Science, Modibbo Adama University of Technology (MAUTECH), Yola, P.M.B 2076, Yola, Adamawa State, Nigeria, West Africa
² Mathematical Science Programme, ATBU, Bauchi, Bauchi State, Nigeria
³ Department of Mathematics & Computer Science, University of Jos, Plateau State, Nigeria

* Corresponding author, e-mail: (ibrahimisah85@yahoo.com)

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Abstract: In this work, we present a mathematical model for the dynamics of glucose regulatory system under the combined use of dieting and physical activity, the model is an improvement on the work by Brian et al (2000). In our proposed model, we incorporated a parameter h by defining it in terms of; physical activity and dieting (calorie restriction) as factors that affects glucose and insulin homeostasis. The study ushered in a mathematical model for studying the dynamics of the glucose regulation under the combined effect of dieting (calorie restriction) and physical activity. The model was used to investigate the effect of dieting and physical activity on glucose and insulin homeostasis, The result of the study showed that; dieting and physical activity has great impact on the regulation of plasma glucose and insulin concentration, and that dieting and physical activity can be used on any population for the management of glucose and insulin homeostasis. Furthermore, our study corroborates the clinical trial studies by Margarita et al (2005), Jean (1999), that; dieting and physical activity improves insulin and glucose effectiveness on a wider scope rather than on a specific population as required by clinical trial studies. In conclusion, 1) Medical practitioners should encourage a combined physical activity and calorie restriction therapy for the management of diabetes, 2) Government, NGO’s, and stake holders should improve on investment in physical activity facilities and production of low calorie diet for diabetic patients. Such therapy will attenuate the development of diabetes and transition from diabetes without complications to diabetes with complications in a diabetic population.
1.0 Introduction

It is commonly admitted that diabetes is mainly encourage by decreasing levels of activity and increasing prevalence of obesity (Boutayabet al., 2004). Weight control through dieting (caloric restriction) has been strongly recommended by medical practitioners. However, dieting fails to yield the desired impact at some point in time in the course of daily lives (particularly for a diabetic patient), and hence caloric restriction alone will not produce long-term weight loss, (Microsoft ® Encarta ®, 2009). Brian et al (2000) developed a mathematical model for β-cell mass, insulin and glucose dynamics, by considering β-cell mass, plasma insulin concentrations, and plasma glucose concentrations as the primary variables of the glucose regulatory system. Their model (which they used in studying the behavior of the glucose regulatory system and pathways to diabetes) was presented as:

\[
\frac{dG}{dt} = R_0 - (E_{GO} + S_i I)G
\]

\[
\frac{dI}{dt} = \frac{\beta \sigma G^2}{\alpha + G^2} - KI
\]

\[
\frac{d\beta}{dt} = (-d_0 + r_1 G - r_2 G^2)\beta
\]

Where;

\(R_0\) = is the net rate of glucose production at zero glucose level

\(E_{GO}\) = is the total glucose effectiveness at zero insulin level

\(S_i\) = is the total insulin sensitivity

\(\beta\) = Beta cell mass

\(G\) = Blood glucose concentration

\(\sigma\) = Rate of insulin secretion by the pancreatic beta cells

\(I\) = Blood insulin concentration

\(K, \alpha, r_1, r_2\) are constants

\(d_0\) = Beta cell death rate at zero glucose level

(For the normal values of the above parameters see table I, appendix A)

Derouich and Boutayeb (2002), used a modified version of the minimal model to introduced parameters related to physical exercise (Boutayeb and Chetouani, 2006). The modified version of the minimal model by Derouich and Bouteyab, 2002, is given as:
\[
\frac{dG}{dt} = -(1 + q_2)X(t)G(t) + (p_1 + q_1)(G_0 - G(t))
\]

\[
\frac{dX(t)}{dt} = -p_2X(t) + (p_3 + q_3) + (I(t) - I_0)
\]

Where \(q_1, \ q_2, \ q_3\) parameters are related to physical activity and are defined as follows:

- \(q_1\): The effect of physical exercise in accelerating the utilization of glucose by muscles and the liver.
- \(q_2\): The effect of physical exercise in increasing the muscular and liver sensitivity to the action of insulin.
- \(q_3\): The effect of physical exercise in increasing the utilization of insulin. In other words, \(q_3\) increases insulin effectiveness in enhancing glucose disposal and consequently improving insulin sensitivity.

In this work we propose the extension of the work by Brian et al (2000) by incorporating dieting and physical activity as other factors that affects plasma glucose and insulin kinetics. The factors considered and defined in this work are: i) Plasma glucose level (concentration) denoted by \(G\), ii) Plasma insulin level (concentration) denoted by \(I\), iii) Beta cell mass denoted by \(\beta\) iv) physical exercise level (amount of calories burnt through physical exercise) denoted by \(EX\) and dieting (calorie restriction) denoted by \(d\).

### 2.0 Methodology

#### 2.0.1 Assumptions

- Glucose concentration change is not rapid
- Extreme physiological and chemically induced trauma is excluded so that the rate of neogenesis and transdifferentiation will be negligible.

#### 2.0.2 Notations

- \(R_0\) = is the net rate of glucose production at zero glucose level
- \(E_{GO}\) = is the total glucose effectiveness at zero insulin level
- \(S_1\) = is the total insulin sensitivity
- \(\beta\) = Beta cell mass
- \(G\) = Blood glucose concentration
- \(\sigma\) = Rate of insulin secretion by the pancreatic beta cells
- \(I\) = Blood insulin concentration
- \(K, \ a, \ r_1, \ r_2\) = are constants
- \(d_0\) = Beta cell death rate at zero glucose level
- \(d\) = Denotes the level of dieting in terms of calorie intake
- \(EX\) = The amount calories burnt as a result of physical exercise
h = \frac{EX}{d} \text{ dieting and physical exercise effectiveness in accelerating the utilization of glucose by muscles and the liver.}

q_1 = \text{ effect of physical exercise and dieting in accelerating the utilization of glucose by muscles and the liver.}

q_2 = \text{ effect of physical exercise and dieting in increasing the utilization of insulin}

### 2.0.3 Model Building

In developing the mathematical equations for the dynamics of the glucose regulatory system that incorporates dieting and physical exercise through a control parameter, we defined and introduced the parameter denoted by \( h \) as a ratio of physical activity (amount of calories burnt through exercise) denoted by EX, and dieting (amount of calorie intake) denoted by d.

#### 2.0.3.1 Glucose Dynamics

- **Glucose Production:**

  In a normal glucose regulatory system, glucose production is regulated as follows:
  - At zero (0) glucose level, a steady glucose production rate of \( P_0 \) is maintained for all plasma insulin levels.
  - For a given non-zero plasma glucose level & a steady plasma insulin level, glucose production decreases linearly with respect to glucose levels.

\[
G_{\text{production}} \propto G - \chi G
\]

Hence glucose production = \( P_0 - \chi G \) (Brian et al, 2000).

The constant \( \chi \) as the sum of:
- Glucose effectiveness for production at zero insulin level = \( E_{\text{GOP}} \)
- Insulin effectiveness for production at the steady insulin level \( I = S_{\text{IP}}I \)

\[
\chi = E_{\text{GOP}} + S_{\text{IP}}I
\]

\[
G_{\text{production}} = P_0 - (E_{\text{GOP}} + S_{\text{IP}}I)G
\]

In this work, we maintain the above expression for glucose production

- **Glucose Uptake:**

  In a normal glucose regulatory system, glucose uptake is regulated as follows:
  - At zero plasma glucose level a steady glucose uptake rate \( U_0 \) is maintained for all plasma insulin levels.
  - For a given non zero plasma glucose level and a steady plasma insulin level, glucose uptake increases linearly with respect to glucose level.

\[
G_{\text{uptake}} \propto G = K_1G
\]

Hence glucose uptake = \( U_0 + K_1G \) (Brian et al, 2000).
Brian et al, 2000, estimated the constant $K_1$ as the sum of:

i) Glucose effectiveness for uptake at zero insulin level = $E_{GOU}$

ii) Insulin effectiveness for uptake at the steady insulin level $I = S_{IU} I$

\[
\therefore K_1 = E_{GOU} + S_{IU} I
\]

In this work, we redefined $K_1$ by incorporating the effect of physical exercise and dieting in accelerating the utilization of glucose by muscles and the liver, denoted by $q_1$. Thus our new $K_1$ will be estimated as the sum of:

- Glucose effectiveness for uptake at zero insulin level = $E_{GOU}$
- Insulin effectiveness for uptake at the steady insulin level $I = S_{IU} I$
- The effect of physical exercise and dieting in accelerating the utilization of glucose by muscles and the liver, $q_1$.

\[
\therefore K_1 = E_{GOU} + S_{IU} I + q_1
\]

\[\Rightarrow \text{uptake} = U_0 + (E_{GOU} + S_{IU} I + q_1)G\]

Thus, the equation governing glucose dynamics based on the single-compartment approach by (Brian et al, 2000), adopted from Bergman et al, 1985) is given as:

\[
\frac{dG}{dt} = \text{production} - \text{Uptake}
\]

\[
= P_0 - (E_{GOP} + S_{IP} I)G - U_0 -(E_{GOU} + S_{IU} I + q_1)G
\]

\[
= (P_0 - U_0) - [(E_{GOP} + E_{GOU}) + (S_{IP} I + S_{IU} I + q_1)]G = R_0 -(E_{GO} + S_1 I + q_1)G
\]

\[
\Rightarrow \frac{dG}{dt} = R_0 -(E_{GO} + S_1 I + q_1)G
\]

Where $R_0 = P_0 - U_0$, $E_{GO} = E_{GOP} + E_{GOU}$, $S_1 = S_{IP} + S_{IU}$

**2.0.3.2 Insulin Dynamics**

- **Insulin Clearance:**

Brian et al, 2000 gave the insulin clearance expression as:

Insulin clearance = $KI$

Where $K$ is a clearance constant, representing the combined insulin uptake at the liver, kidney and insulin receptors.

In this work, we redefine $K$ by incorporating the effect of physical exercise and dieting in influencing the utilization of insulin, denoted by $q_2$. Thus our new $K$ represents the combined sum of:

- Insulin uptake at the liver, kidney and insulin receptor, $\delta$.
- Insulin uptake as a result of physical exercise and dieting, $q_2$.

Thus; our new $K = \delta + q_2$, and the insulin clearance expression = $(\delta + q_2)I$
Insulin Secretion:

Net insulin secretion rate can be modeled as a sigmoidal function of glucose level (Brian et al., 2000). This exposition is backed by (Cobelli et al., 1980 & Rudenski et al., 1991) who successfully used sigmoidal insulin secretion rates. The relative contributions of \( \beta \)-cell recruitment and cellular insulin secretion have not been quantified functionally, but the rate of secretion from individual \( \beta \)-cells varies with glucose (Salomon and Meda, 1986). On the basis of this, Brian et al. (2000) gave the net insulin secretion rate as a sigmoidal function of glucose level as;

\[
\text{Insulin secretion} = \frac{\beta \sigma G^2}{(\alpha + G^2)}
\]

Where \( \alpha \) is a constant and \( \frac{\beta \sigma G^2}{(\alpha + G^2)} \subseteq [0,1] \) is a hill function that describes the sigmoid.

In this work, we maintain the above expression for insulin secretion.

Thus, the equation governing insulin dynamics (based on the single-compartment approach by Brian et al., 2000, adopted from Bergman et al., 1985) is given by;

\[
\frac{dI}{dt} = \text{Secreation} - \text{Clearance} = \frac{dI}{dt} = \frac{\beta \sigma G^2}{\alpha + G^2} -(\delta + q_2)I
\]

2.0.3.3 \( \beta \)-Cell Mass Dynamics

\( \beta \)-cell Replication:

Brian et al. (2000), reported that; In vitro studies by Swenne (1982), Hugl et al. (1998), showed that the percentage of \( \beta \)-cells undergoing replication varies as a non-linear function of glucose level in the medium, and replication rates for \( \beta \)-cells increases with increasing glucose levels; however, at extreme hyperglycemia, \( \beta \)-cell replication may be reduced, whence Brian et al. (2000) modeled this behavior with a simple 2nd degree polynomial as:

\[
\text{Replication} = \left( r_{r_1} G - r_{r_2} G^2 \right) \beta
\]  

Where \( r_{r_1} \) (measured in \( \text{mg}^{-1} \text{dl} \text{day}^{-1} \)) and \( r_{r_2} \) (measured in \( \text{mg}^{-2} \text{dl}^2 \text{day}^{-1} \)) are rate constants. In this work, we also maintain the above expression for \( \beta \)-cell replication

\( \beta \)-cell Loss:

Brian et al. (2000) reported that; In vitro studies by Hoorens et al. (1996), Efanoa et al. (1998), showed that \( \beta \)-cell death varies non-linearly with glucose level changes, whence Brian et al. (2000), modeled \( \beta \)-cell death with a simple 2nd degree polynomial as:

\[
\text{Death} = \left( d_0 - r_{d_1} G + r_{d_2} G^2 \right) \beta
\]  

Where \( d_0 \) (measured in \( \text{dl}^{-1} \)) is the death rate at zero glucose and \( r_{d_1} \) (measured in \( \text{mg} \text{dl} \text{day}^{-1} \)) & \( r_{d_2} \) (measured in \( \text{mg} \text{dl} \text{day}^{-1} \)) are constants.
Brian et al. (2000) gave the equation for β-cell dynamics (based on the single-compartment approach by Brian et al. (2000), adopted from Bergman et al. (1985)), as:

\[
\frac{d\beta}{dt} = \text{Formation} - \text{Loss} \\
\frac{d\beta}{dt} = (-d_o + r_1G - r_2G^2)\beta; \quad \text{Where } r_1 = r_{1v} + r_{1u}, \quad r_2 = r_{2v} + r_{2u} \quad \text{are constants}
\]

We also maintain the above expression for β-cell death for this work.

### 2.0.4 Estimating \( q_1 \) & \( q_2 \)

Body glucose deteriorates with physical activity (Encarta, 2009), and high carbohydrate/low fat deteriorate insulin sensitivity (Jean, 1999). Hence \( q_1 \) and \( q_2 \) can be estimated as follows:

\( q_1 \propto \frac{E_0}{d} \equiv q_1 = E_{GO} \frac{E_0}{d}; \quad \text{Where } E_{GO} \text{ is the glucose effectiveness} \)

\( q_2 \propto \frac{E_0}{d} \equiv q_2 = S_1 \frac{E_0}{d}; \quad \text{Where } S_1 \text{ is the insulin sensitivity} \)

Hence our complete model system of equations that describes glucose, insulin and β-cell dynamics incorporating physical exercise and dieting is as follows;

\[
\begin{align*}
\frac{dG}{dt} &= R_0 - (E_{GO} + S_1I + q_1)G \\
\frac{dI}{dt} &= \frac{\beta\sigma G^2}{\alpha + G^2} - (\delta + q_2)I \\
\frac{d\beta}{dt} &= (-d_o + r_1G - r_2G^2)\beta
\end{align*}
\]

With \( q_1 = E_{GO} \frac{E_0}{d}, \text{and } q_2 = S_1 \frac{E_0}{d} \)

### 2.0.5 Analysis

We study the equilibrium solution of the system by splitting the glucose regulatory system into; Fast (Glucose and Insulin) subsystem, and slow (β-cell) subsystems follows;

> **Fast(Glucose and Insulin) Subsystem**

The null clines of the first two equations of system (1) (equations of the glucose and insulin subsystem) are;

**i)\( \frac{dG}{dt} = R_0 - (E_{GO} + S_1I + q_1)G = 0 \Rightarrow G = \frac{R_0}{E_{GO} + S_1I + q_1} \) (2)**

\[
\frac{dI}{dt} = \frac{\beta\sigma G^2}{\alpha + G^2} - (\delta + q_2)I = 0 \Rightarrow I = \frac{\beta\sigma G^2}{(\alpha + G^2)(\delta + q_2)} \) (3)
\]
Now, we study (hypothetically) the effect of dietary restrictions and physical activity on plasma glucose and insulin concentrations using the above null clines, to this effect, a computer program was developed to simulate the null cline equations. The data generated from the program using the null cline equations (2) and (3) was used to plot the following Fig.1 and Fig.2 respectively.

**Fig.1:** Effect of varying dietary restrictions and physical activity on plasma glucose concentration ("Gludiet" represents glucose concentration under “x” calorielevel of dieting)

**Fig.2:** Effect of varying dietary restrictions and physical activity on plasma insulin concentration ("INS diet" represents insulin concentration under “x” calorielevel of dieting)

➢ **Slow (β-cell)Subsystem**

The null cline of the equation of this subsystem is as follows;

1) \[ \frac{d\beta}{dt} = (-d_o + r_1 G - r_2 G^2)\beta = 0 \Rightarrow -d_o + r_1 G - r_2 G^2 = 0 \text{ or } \beta = 0 \]
Substituting the values of the parameters from table 1 appendix A, we have:

$$600000 - 8400G + 24G^2 = 0, \text{or } \beta = 0$$

This \( \Rightarrow G = \frac{8400 \pm \sqrt{12960000}}{48} \) or \( \beta = 0 \)

\( \therefore G = 100 \text{ or } 250 \text{ and } \beta = 0 \) are the optimal (steady state) values for the \( \beta \) -cells dynamics

\( \therefore \frac{d\beta}{dt} = 0 \text{ when } G = 100 \text{ or } 250 \text{ or } \beta = 0 \)

To understand the meaning of these optimal points, we need to draw the graph of \( \beta \)-cell death & replication (Equations B & A respectively) as follows;

**Figure 3:** Shows the relationship between the dynamics of beta cell death and replication

### 3.0 Results and Discussion

In this work, we have developed a mathematical model for the study of the dynamics of the glucose regulatory system under the combine effect of dieting and physical activity, the model consist of system of differential equations that describes glucose, insulin and \( \beta \)-cell dynamics incorporating physical activity and dieting. The comprehensive model is given as follows;

\[
\begin{align*}
\frac{dG}{dt} &= R_0 - (E_{GO} + S_1I + q_1)G \\
\frac{dI}{dt} &= \frac{\beta \sigma G^2}{\alpha + G^2} - (\delta + q_2)I \\
\frac{d\beta}{dt} &= (-d_0 + r_1G - r_2G^2)\beta
\end{align*}
\]
We discussed our result under subheadings as follows;

### 3.0.1 Glucose Regulation

Looking at the null cline equation \( G = \frac{R_0}{E_{GO} + S_I I + q_1} \), we have;

\[
\lim_{S_I \to 0} G = \lim_{S_I \to 0} \left( \frac{R_0}{E_{GO} + S_I I + q_1} \right) = \left( \frac{R_0}{E_{GO} + q_1} \right)
\]

Thus as insulin sensitivity \( S_I \) deteriorates, glucose is regulated by glucose effectiveness \( E_{GO} \), dietary restriction \( d \), and physical activity, \( EX \). This analytical results of ours corroborates the clinical trial results of Margarita et al (2005), and jean et al (1999) that; dieting and physical activity improves insulin and glucose effectiveness, and regulate gene expression. Since type II diabetes is characterized by Insulin resistance by cells, this study suggests that dietary restriction, and physical activity is a good therapy for type II diabetics.

Looking at the nullcline equation (3) we have;

\[
\lim_{\beta \to 0} I = \lim_{\beta \to 0} \left( \frac{\beta \sigma G^2}{(\alpha + G^2)(\delta + q_2)} \right) = 0
\]

Thus, as \( \beta \)-cell mass deteriorates, so also insulin production by the pancreas deteriorates. However, Teran-Garcia, et al (2005), Margarita et al (2005), jean et al (1999), have demonstrated the efficacy of physical exercise, they showed that; physical activity regulates gene expression, hence \( \beta \)-cell replication will be stimulated through gene expression. Since type I diabetes is characterized by inadequate insulin production by the pancreas as a result of low \( \beta \)-cell mass in the pancreas due to autoimmune destruction of \( \beta \)-cells, physical exercise will help in improving \( \beta \)-cell mass, thus regulating glucose. In this case, there is the need for exogenous insulin for survival to be followed by dietary restriction \( d \) and improve physical activity \( EX \) to take advantage of the control parameter \( q_2 = S_I \frac{EX}{d} \) to regulate gene expression. This is in line with current medical practice for type I diabetes management.

From fig.1, it can be seen that, as physical exercise (Burnt calorie) increases, plasma glucose decreases faster at low calorie intakes. This is as a result of improvement in glucose uptake and utilization in body.

From fig.2, it can be seen that as physical exercise (Burnt calorie) increases, plasma insulin concentration decreases faster at low calorie intakes. This is as a result of improvement in insulin uptake effectiveness in the body.

Fig.3 depicts the global behavior of the slow subsystem which shows the points where the \( \beta \)-cell replication and \( \beta \)-cell death curves intersect at glucose levels of \( G=100 \) and \( 250 \). This is non-trivial steady states as pointed out by Brian et al (2000). Brian et al (2000) called this points; physiological fixed point (P) and a saddle point (S) respectively, they further partitioned the plot plane into; zone I (area before the 1st intersection, zone II (area between the intersections) and zone III (area after the second intersection). Brian et al (2000) explained further that In Zone I, death rates exceed replication rates, driving \( \beta \)-cell mass down and causing the steady-state glucose level to rise. In Zone II, replication rates exceed death rates, driving \( \beta \)-cell mass up and the blood glucose level down. Zones I
and II constitute a basin of attraction for the physiological fixed point (P). In Zone III, death exceeds replication, causing a decrease in \( \beta \)-cell mass, thus driving the glucose level even higher. This is a zone of pathological regulation, in which the system is driven to the trivial steady state of zero \( \beta \)-cell mass.

### 3.0.1.1 Gradients of the Glucose Dynamics under Dieting and Physical Activity Graphs

Looking at fig. 1, we have:

i) Gradient of graph @ 1200cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{5.844 - 5.82}{2500 - 2000} = \frac{0.008}{500} = 0.000048
\]

ii) Gradient of graph @ 2000cal dietary level and varying levels of physical exercise is estimated by: 
\[
\frac{5.896 - 5.868}{2500 - 1500} = \frac{0.028}{1000} = 0.000028
\]

iii) Gradient of graph @ 3000cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{5.92 - 5.88}{3100 - 1000} = \frac{0.04}{1000} = 0.000019
\]

iv) Gradient of graph @ 3300cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{5.924 - 5.896}{2500 - 700} = \frac{0.028}{1800} = 0.000016
\]

v) Gradient of graph @ 5000cal dietary level and varying level of physical activity is estimated by: 
\[
\frac{5.92 - 5.912}{2400 - 1700} = \frac{0.008}{700} = 0.000011
\]

Thus, it can be seen that; with decreasing calorie intake augmented with increase in physical exercise, the level of descend (gradient) of the glucose dynamics graphs increases, such that the lower the calorie intake and higher physical exercise, the higher the descent. This shows that:

As physical exercise (Burnt calorie) increases, plasma glucose levels decreases faster with low calorie intake. This may be as a result of improvement in glucose uptake and utilization in the body due to increase in physical activity and calorie restriction.

### 3.0.1.2 Gradients of the Insulin Dynamics under Dieting and Physical Activity Graphs

Looking at fig 2, we have:

i) Gradient of graph @ 1200cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{11.308 - 11.28}{1800 - 0} = \frac{0.028}{1800} = 0.000016
\]

ii) Gradient of graph @ 2000cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{11.294 - 11.28}{3000 - 1500} = \frac{0.014}{1500} = 0.0000093
\]

iii) Gradient of graph @ 3000cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{11.296 - 11.29}{2900 - 1900} = \frac{0.06}{1000} = 0.000006
\]

iv) Gradient of graph @ 3300cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{11.3 - 11.29}{3200 - 1500} = \frac{0.01}{1700} = 0.0000059
\]

v) Gradient of graph @ 5000cal dietary level and varying level of physical exercise is estimated by: 
\[
\frac{11.3 - 11.296}{3300 - 2600} = \frac{0.004}{700} = 0.0000057
\]
Thus, it can be seen that; with decreasing calorie intake augmented with increase in physical exercise, the level of descend (gradient) of the insulin dynamics graphs increases, such that the lower the calorie intake and higher physical exercise, the higher the descent. This shows that:

As physical exercise (Burnt calorie) increases, plasma insulin levels decreases faster with low calorie intake. This may be as a result of improvement in insulin uptake in the body due to increase in physical activity and calorie restriction.

Thus, results 3.0.1.1&3.0.1.2 suggest that; controlled dieting and physical exercise reduces plasma glucose and insulin levels, hence physical exercise and dieting can be used to regulate plasma glucose and insulin levels.

This study has analytically demonstrated that;

1) Physical exercise and dieting reduces plasma glucose levels.
2) Physical exercise and dieting improves insulin sensitivity by reducing the amount of insulin required to improve glucose uptake.

We summarized that;

Combining our analytical results with the result by Teran-Garcia, et al (2005), Margarita et al (2005), jean et al (1999), we deduce that; plasma glucose levels, insulin sensitivity and hence diabetes can controlled through combined physical activity and dietary restriction therapy.

4.0 Conclusion

In this work, we developed mathematical model equations that described the glucose regulatory system under the combined use of dieting and physical exercise. We were able to show, through the model, that: Sustained physical activity and dieting is sure way to regulate plasma glucose and insulin concentrations. This will attenuate the rate developing complications as a result of diabetes. Also, the model was used to study defects in Insulin sensitivity deterioration, and β-cell mass deterioration on the glucose regulatory system under the influence of dieting and physical activity, where it was shown that, for type I diabetes, physical exercise has very negligible effect in improving plasma glucose disposal when β-cell mass deteriorates, hence the need for an exogenous insulin therapy for survival. Whereas for type II diabetes, it was shown that physical exercise alone (with insulin sensitivity >>0) can be used to improve glucose disposal, and thus enhancing plasma glucose regulation. In the event where insulin sensitivity ≈0, Physical exercise which improves insulin effectiveness can improve glucose disposal, and thus enhancing plasma glucose regulation. We therefore recommend as follows;

1) Medical practitioners should encourage a combined physical activity and calorie restriction therapy for the management of diabetes.
2) Government, NGO’s, and stake holders should improve on investment in physical activity facilities and production of low calorie diet for diabetic patients.

Appendix A

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Value</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>$S_1$</td>
<td>0.72</td>
<td>mlµU⁻¹d⁻¹</td>
</tr>
<tr>
<td>$E_GO$</td>
<td>1.44</td>
<td>d⁻¹</td>
</tr>
<tr>
<td>$R_0$</td>
<td>864</td>
<td>mlgd⁻¹d⁻¹</td>
</tr>
</tbody>
</table>
\[
\begin{align*}
\sigma & \quad 43.2 \quad \mu \text{Uml}^{-1}\text{d}^{-1} \\
\alpha & \quad 20000 \quad \text{mg}^2\text{d}^{-2} \\
K & \quad 432 \quad \text{d}^{-1} \\
d_0 & \quad 0.06 \quad \text{d}^{-1} \\
r_1 & \quad 0.84 \times 10^{-3} \quad \text{mg}^3\text{d}^{-1} \\
r_2 & \quad 0.24 \times 10^{-5} \quad \text{mg}^2\text{d}^{-2} \text{d}^{-1}
\end{align*}
\]

References


