

## CAPITULO V

### REFERÊNCIAS BIBLIOGRÁFICAS

ACSM's (1997). *Exercise management for persons with chronic diseases and disabilities*. American College of Sports Medicine.

ACSM (1998). *Fitness Book*. Second Edition. Human Kinetics.

ACSM (1993). *Resource manual for guidelines for exercise testing and prescription*. Second edition. American College of Sports Medicine.

ACSM (2000). *Guidelines for exercise testing and prescription*. 6th Ed., Williams & Wilkins.

Albright A; Franz M; Hornsby G; Kriska A; Marrero D; Ullrich I; Verity LS (2000). Exercise and type 2 diabetes. *Medicine-and-science-in-sports-and-exercise* (Hagerstown,-Md.) 32:7, 1345-1360.

American College of Sports Medicine (1998). *ACSM Fitness Book*. Human Kinetics.

American Diabetes Association (1996) *Clinical practice recommendations: hypertension in diabetes*. *Diabetes Care* 19 (Suppl. 1): S 107-S113.

Augustin, L.S. et al. (2003) *Dietary glycemic index, glycemic load and ovarian cancer risk: a case-control study in Italy*. *Ann Oncol*,v.14,n.1,p.78-84.

Barata, T. e outros (1997). *Atividade Física e Medicina Moderna*. Editora: Europress.

Bogardus, C., Ravussin, E., Robins, D.C., Woolfe., Horton, E.S., Sims, E.A.H (1994). *Effects of physical training with diet therapy on carbohydrate metabolism in patients with glucose intolerance and non-insulin-dependent diabetes mellitus*. *Diabetes*.

Branco, N.; Carvalho, R. (1989). *Prevenção Primária da Diabetes*. Edições da Hoechst Portuguesa, S.A..

Burke LM, Cox GR, Culmings NK, Desbrow B. (2001). *Recommendations for daily carbohydrate intake*. *Sports Medicine*

Castel-Branco, N. (2003). *Falemos de diabetes*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Corrêa, J. (2003). *Neuropatia diabética*. Consultado em [www.diabetes.org](http://www.diabetes.org).

Corrêa, J.(2004). *Prevalência da diabetes mellitus no mundo*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Correia, L. (2002). *Uma epidemia do Século XXI!* Consultado em [www.apdp.pt](http://www.apdp.pt).

Cuff DJ, Meneilly GS, Martin A, Ignaszewski A, Tildesley HD, Frohlich JJ (2003). *Effective exercise modality to reduce insulin resistance in women with type 2 diabetes*. *Diabetes Care*.

Diabetes Control and Complications Trial Research Group. (1993). *The effect of intensive treatment of diabetes on the development and progression of long-term complications in insulin-dependent diabetes mellitus*. *New Engl J Med* 329:977-986.

Duarte, Rui; Caldeira, Jorge. (1997). *Diabetologia Clínica*. Editora Lidel

Eriksson, J., Taimela, S., Eriksson, K., Parvianen, S., Peltonen, J., Kujala, U (2002). *Resistance training in the treatment of non-insulin-dependent diabetes mellitus*. *Int J Sports Med*.

Estacio RO, Jeffers BW, Hiatt WR, Biggerstaff SL, Gifford N, Schrier RW (1998) *The effect of nisoldipine as compared with enalapril on cardiovascular outcomes in patients with non-insulin-dependent diabetes and hypertension*. *N Engl J Med* 338:645-652.

Estacio, R.O., Regensteiner, J.G., Wolfel, E.E., Jeffers, B., Dickenson, M., Schrier, R.W. (1998). *The association between diabetic complications and exercise capacity in NIDDM patients*. Diabetes Care 21:291-295.

Falcão, J.M., Gouvêa, MF., Rosa, AV., Valente, MF. (1993). *Epidemiologia da diabetes: Parte II*.

Fernandes, J (2001). *Diabetes e actividade física - Estudo realizado em crianças, adolescentes e jovens diabéticos*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Foss, J & Vaquero, A. (1995). *Fox- Physiological basics for exercise and sport*. 6ª. USA: McGraw-Hill.

Graham C, Lasko-McCarthy P. (1990). *Exercise options for persons with diabetic complications*. Diabetes Educ; 16:212-220.

Gordon, F.(1993). *Diabetes Your Complete Exercise Guide*. Human Kinetics.

Guyton, A.C. & Hall, J.E. (1997) *Tratado de Fisiologia Médica*. 9ª ed. Rio de Janeiro: Guanabara Koogan.

Hark, Dr.<sup>a</sup> Lisa; Deen, Dr. Darwin. (2005). *Saúde e Nutrição*. Civilização

Hatary, Y.(1987). *Diabetic peripheral neuropathy*. Ann Inter. Med..

Helmrich, S.P., Ragland, D.R., Leung, R.W., Paffenbarger, R.W (1991). *Physical activity and reduced occurrence of non-insulin-dependent diabetes mellitus*. New Engl J Med 325: 147-152

Heyward, H.(1991). *Advanced Fitness Assessment & Exercise Prescription*. 3th Edition: Human Kinetics.

Horta, L.(1996). *Nutrição no Desporto*. Editorial Caminho.

Landry G, Allen D. (1992). *Diabetes mellitus and exercise*. Clin Sports Med; 11(2):403-418.

Malerby, D.A. & Franco,L.J.(1996). *Diabetes care*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Manson, J. E., Rimm, E.B., Stampfer, M, J., (1991). *A prospective study of exercise and incidence of diabetes among US male Physicians*. JAMA 268: 63-67

McArdle, W. D.; Katch, F.I. & Katch, V.L.(1998). *Fisiologia do Exercício: energia, nutrição e desempenho humano*. 4ª ed. Rio de Janeiro: Guanabara e Koogan.

Nóbrega, Fernando José (1998). *Distúrbios da Nutrição*. Revinter Ltda.

Nunes, J. (2002). *Insulino-resistência e Diabetes Mellitus - Tipo2*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Pacheco, R. (2004). *Actividade física e saúde na criança*. Consultado em [www.apdp.pt](http://www.apdp.pt).

Pedrosa, HC.; Nery, ES. E Sena, FV. (1999). *Educação podológica*. Consultado em [www.diabetes.ca/atoz/dict.htm](http://www.diabetes.ca/atoz/dict.htm).

Pignatelli, Duarte; Carvalho, David. (2002). *ABC da diabetes*. Editora Europress

Pinto, Anabela Mota (2000). *Saúde e exercício físico*. Quarteto

Powers, Scott K.; Howley, Edward T. (2000). *Fisiologia do exercício*. Editora Manole Ltda

Ramires, P. (1993). *Educação Física Escolar Adaptada: postura, asma, obesidade e diabetes na infância e adolescência*. São Paulo: EEFUSP/EFP.

Reitman, J.S., Vasquez, B., Klimes, I., Nagulusparan, M. (1994). *Improvement of glucose homeostasis after exercise training in non-insulin-dependent diabetes*. Diabetes Care

Ryan A.S. (2000); *Insulin resistance with aging: effects of diet and exercise*; Sports-medicine-(Auckland,-N.Z.), 327-346.

Sharkley, B. (2001). *Fitness & Health*. 5th Edition:Human kinetics.

Sobral, F.& Coelho Silva, M. J. (1997). *Cineantropometria: Curso Básico*. Faculdade de Ciências do Desporto e Educação Física: Universidade de Coimbra.

Sowers JR. Farrow SL (1996) *Treatment of elderly hypertensive patients with diabetes, renal disease and coronary heart disease*. Am J Cardiol 6(5):57-60.

Swain, David P.; Leutholtz, Brian C. (2002). *Exercise prescription: a case study approach to the ACSM guidelines*. Human Kinetics Publishers, Inc.

The National High Blood Pressure Education Program Working Group (Chair, James R. Sowers, MD) (1994) *National high blood pressure education program working group report on hypertension in diabetes*. Hypertension 23: 145-158 (special article).

Tokmakidis SP, Zois CE, Volaklis KA, Kotsa K, Touvra AM.; The effects of a combined strength and aerobic exercise program on glucose control and insulin action in women with type 2 diabetes.; *Eur J Appl Physiol*. 2004 Aug; 92(4-5):437-42.

Trovati, M., Carta, Q., Cavalot, F., Vitali, S., C., Lucchina, P.G., e tal (1994). *Influence of physical training on blood glucose control, glucose tolerance, insulin secretion, and insulin action in non-insulin-dependent diabetes patients*. Diabetes Care

Vandler, A.; Sherman, J. & Luciano, D. (1998). *Human physiology: the mechanisms of body function*. 7ª ed. USA: McGraw-Hill company.

Villa, J.; Córdova, A.; Gonzalez, J.;Garrido, G. & Villegas, J.(2001). *Nutrición Del Desportista*. Editorial: Gymnos.

Walberg-Henriksson H. (1992). Exercise and *diabetes mellitus*. Exerc Sports Sci Rev; 20:339-937.

Willms, (1997). *Indicações práticas da terapêutica da diabetes*. Edições da Hoechst Portuguesa, S.A..

Zuniga, A. (2000). *Educação do diabético: educação podológica*. Consultado em [www.diabetes.org](http://www.diabetes.org).