

Association of Urine Ketones with Exercise

Muhammad Imran Qadir, Hurain Shaukat*

Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

***Corresponding Author:** Hurain Shaukat, Institute of Molecular Biology and Biotechnology, Bahauddin Zakariya University, Multan, Pakistan

Abstract: This project was about Urine Ketone with exercise and total 90 subjects were participated studied in Bahauddin Zakariya University, Multan, Pakistan. Urine Ketones relates with the blood sugar level because higher the level of ketones higher will be the sugar level. But sometimes it leads to the coma or even death. Exercise is important factor that effects on it. And also the sugar test is performed.

Keywords: Urine ketones, Exercise, Sugar level, Diabetes

1. INTRODUCTION

Sugar level relates to the sugar ketones. It cause high sugar level then the ketones level is also high. And causes type 1 and type 2 which is important to check the ketones. Higher level of ketones indicates diabetes and then leads to coma or even death. Insulin which is biotechnological product uses for lowering of blood sugar level. People without diabetes having ketones in urine if the body is using fat or fuel. (1)

Exercise retains the body balance. Persons who are interested in natural health they surely do some physical exercise such as fitness walking. We should adopt the active life style better than physical exercise to improve our natural health. (2)

2. MATERIALS AND METHODS

To find out the urine ketone level the test is performed so that to identify the ketones in urine. High level of ketones in urine may indicate the diabetes ketoacidosis it's a severe complication of diabetes. Light nutritional ketosis indicate between 0.5 to 1.5 mmol/L.

Project Design

A Survey was prepared about the exercise

Statistical Analysis

It were done by using MS Excel

3. RESULTS AND DISCUSSION

This project was used to co relate the urine ketones with the exercise is given in Table #1 as follows. And in this study data collected from the university students in which male female participated so that the views about the relation of urine ketones with exercise shows the negative or positive results. About 64.4% people show positive results while 35.5% people shows negative results.

Table1. Association of Urine ketones with Exercise as follows

Urine ketones likeness with Exercise	Urine ketones dislikeness with exercise
64.4%	35.5%

4. CONCLUSION

Questionnaire based studies have been given important research outcomes (3-10).Ketones produced in the body when people utilize fats. Fat important source of energy but when it is used by the body during exercise it may be harmful. It causes the lack of energy or weakness. Altered consciousness or disorientation too.

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