

Skeehchoosh

Pequot for Grasses, Herbs, Medicines

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Sports and exercise function as a form of medicine, and from a pharmacy perspective, their impact on health can be as significant as many medications. Regular physical activity improves cardiovascular health, lowers blood pressure, supports healthy cholesterol levels, and helps control blood glucose. Because of these effects, exercise is often recommended alongside medications for conditions such as hypertension, diabetes, and heart disease.

Exercise can also influence how medications work in the body. Increased blood circulation during physical activity can alter drug distribution, potentially affecting how quickly medications are absorbed or metabolized. For example, patients taking insulin or other diabetes medications may experience lower blood glucose during or after exercise, increasing the risk of hypoglycemia if doses are not adjusted appropriately. Pharmacists often counsel patients on monitoring blood sugar and timing meals or medications around workouts.

Similarly, patients using blood pressure medications or beta-blockers may notice changes in heart rate and exercise tolerance. Dehydration from intense activity can also affect medications such as diuretics and certain anti-inflammatory drugs.

From a pharmacy standpoint, exercise acts as a powerful adjunct therapy. When combined with proper medication use, it can enhance treatment outcomes, reduce medication requirements for some patients, and improve overall quality of life. In this way, sports truly function as a form of medicine.



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