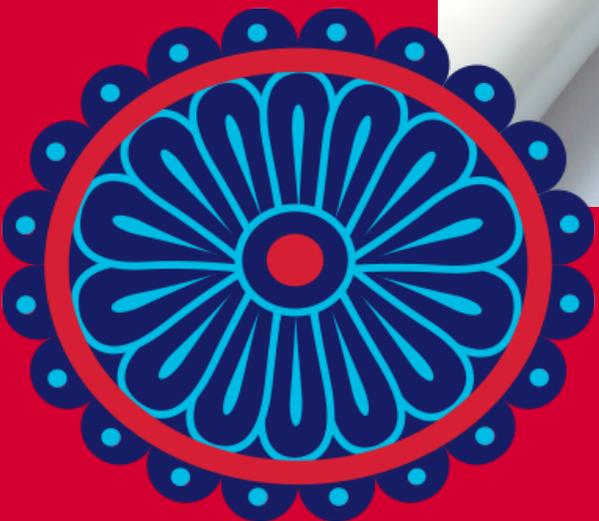


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Vitaliy Vodolazskyy

# OVERVIEW OF DIABETES



# OVERVIEW OF DIABETES

## I. WHY IS DIABETES IN THE NEWS SO OFTEN?

### A. Diabetes Facts

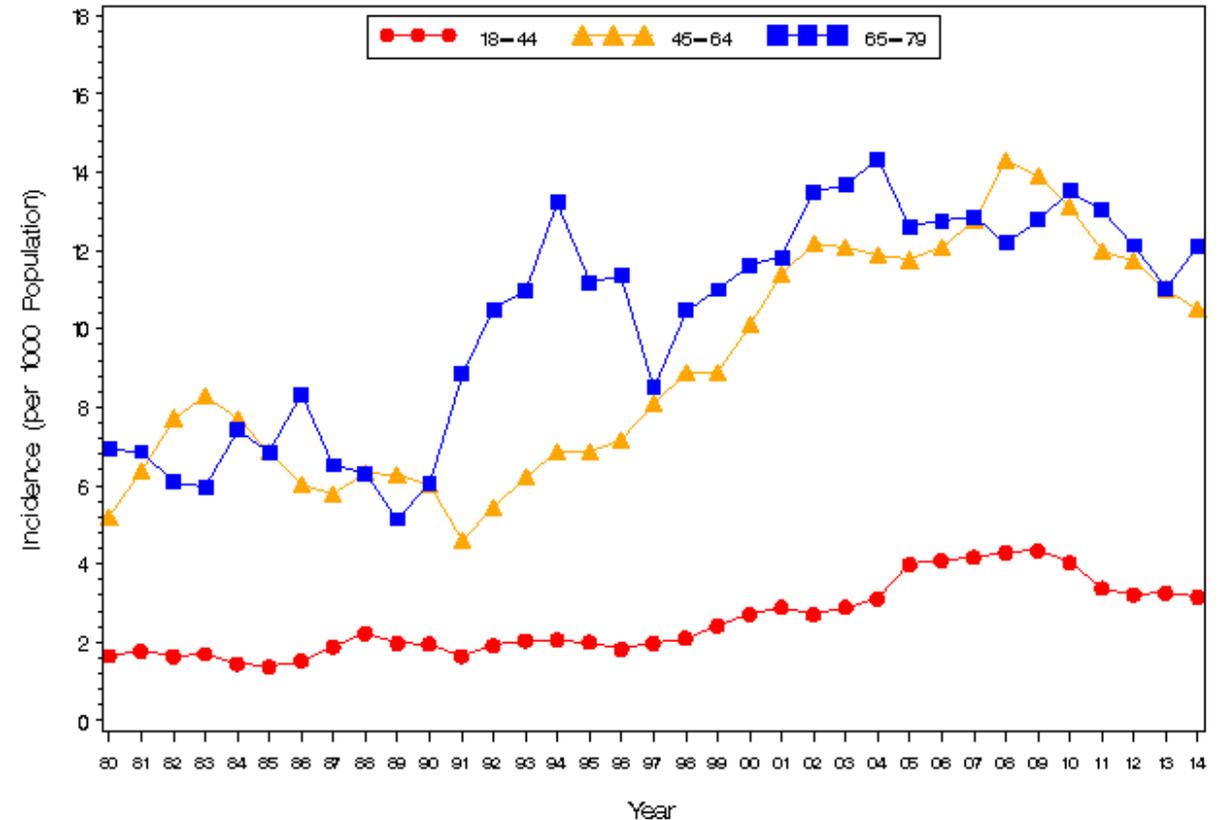
1. Seventh leading cause of death.
2. It is a preventable, chronic disease.
3. Dramatic levels of type 2 diabetes attributed to obesity and lack of physical activity.
4. 80% of persons with type 2 diabetes are overweight or obese.
5. Cost of diabetes = \$245 billion per year; 90 billion in lost productivity.

### B. Prevalence of Diabetes

1. 7.2 million (23.8%) people aged 20 years and older remain undiagnosed.
2. 1.3 million newly diagnosed cases in 2017 (reduced from 1.7 million in 2008; 35% drop).

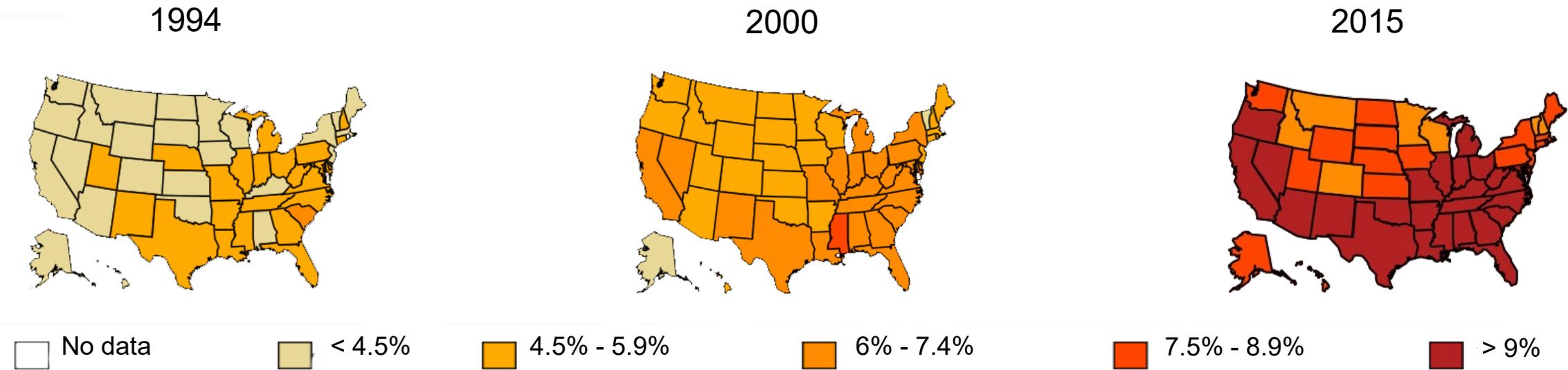
# OVERVIEW OF DIABETES

3. U.S. population: 300 million.
4. Most people know someone who has diabetes.
5. Of all people with diabetes, 90 - 95% have type 2 diabetes.
6. 30.3 million Americans have diabetes (9.4% of US population).
7. The highest incidence of diabetes used to occur between 65 and 75 years of age; but now is between 45 and 64 years of age.



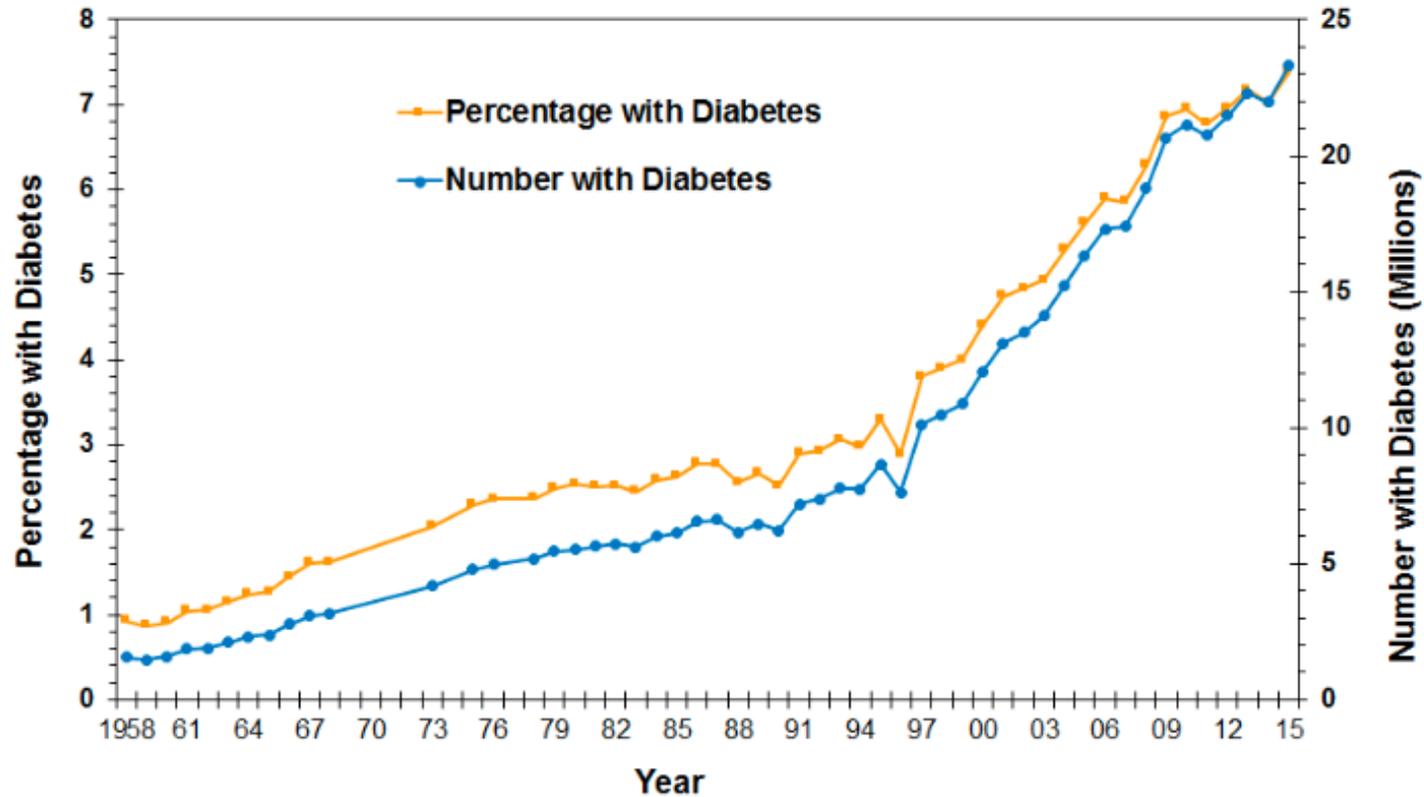
# OVERVIEW OF DIABETES

## Age-Adjusted Prevalence of Diagnosed Diabetes Among U.S. Adults



# OVERVIEW OF DIABETES

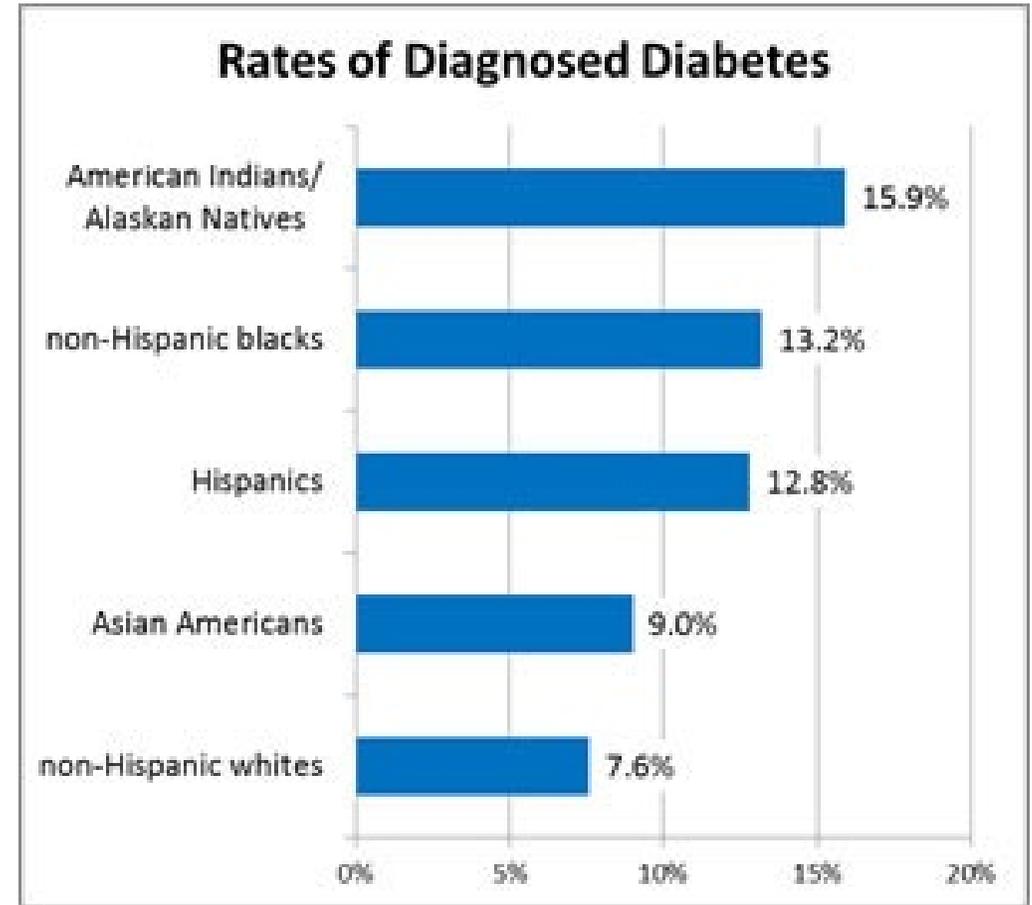
Number and Percentage of U.S. Population with Diagnosed Diabetes, 1958-2015



# OVERVIEW OF DIABETES

## C. Diabetes Disparities

1. For every non-Hispanic white who has diabetes, 2 Native Americans have the disease.

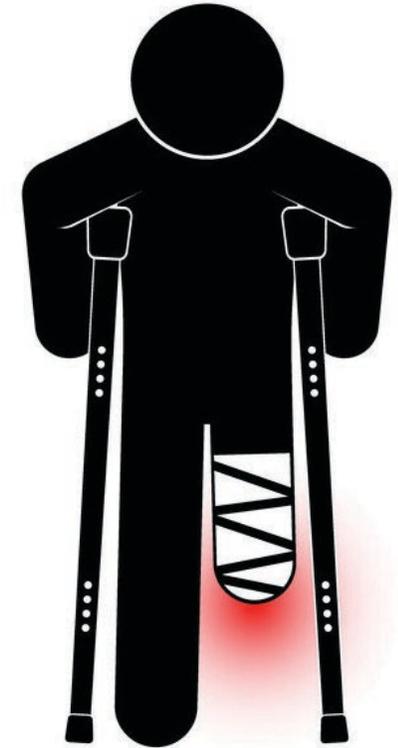


# OVERVIEW OF DIABETES

## II. WHY WE SHOULD LEARN ABOUT DIABETES

### A. Complications of Diabetes

1. Heart disease accounts for 65% of deaths in people with diabetes.
2. Risk of stroke is 2 to 4 times higher among people with diabetes.
3. 28.5% (4.2 million) persons with diabetes > 40 years old, present retinopathy.
4. Diabetes is the leading cause of kidney failure (44%).
5. More than 60% of all lower-limb amputations in the U.S. occur in people with diabetes.



*Puwadol Jaturawutthichai*

# OVERVIEW OF DIABETES

## B. Preventing Complications

1. Controlling glucose → every 1% drop of A1C significantly reduces the risk of eye, kidney and nerve complications.
2. Controlling blood pressure → will reduce the risk of heart disease or stroke by 33% - 50%.
3. Controlling lipids (fats) → will reduce cardiovascular complications by 20% - 50%.
4. Adequate foot care → will reduce amputation rates by 45% to 85%.
5. Adequate eye care → will reduce the development of severe vision loss by 50% - 60%.
6. Adequate kidney care → will reduce the decline in kidney function by 30% - 70%.

# OVERVIEW OF DIABETES

## C. References

1. Centers for Disease Control and Prevention. *National Diabetes Statistics Report, 2017*. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.
2. Stratton IM; Adler AI, Neil HAW, Matthews DR, Manley SE, Cull CA, Hadden D, Turner RC, Holman RR. Association of glycemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): Prospective observational study. *BMJ* 2000; 321:405-12.