

# diabetes fact sheet

## Did You Know?

- 17 million people have diabetes (6.2% of the total population)
- 16.9 million of people with diabetes are over the age of 20
- 7 million of those people are over the age of 65
- 7.8 million men have diabetes (8.3% of all men)
- 9.1 million women have diabetes (8.9% of all women)
- 1 million new cases of diabetes are diagnosed every year
- 19% of all deaths in the United States among people 25 years and older occurred in people with diabetes
- The risk of death among people with diabetes is two times greater than among people without diabetes
- \$132 billion has been spent to date on diabetes treatments and associated costs



## What Is Diabetes?

Diabetes Mellitus is a group of diseases characterized by high glucose levels that are a result of the body's inability to produce insulin or use it properly, or both.

## Types Of Diabetes

### Type 1 diabetes

(also known as insulin-dependent diabetes or juvenile onset diabetes)

- Develops when the body's immune system destroys the cells of the pancreas that make the insulin that regulates blood glucose levels
- Usually strikes children and young adults
- Requires treatment with insulin injections several times a day
- Accounts for 5 – 10% of all cases of diabetes

### Type 2 diabetes

(also known as non-insulin dependent diabetes mellitus or adult onset diabetes)

- Usually begins as a disorder in which insulin is not used properly by cells in the body, which may lead to the pancreas losing its ability to produce insulin
- Accounts for 90 – 95% of all diagnosed cases of diabetes
- Risk factors associated with Type 2 diabetes include old age, obesity, family history of diabetes, physical inactivity and race/ethnicity

## Treatment Of Diabetes

- Type 1 diabetes must be treated with insulin delivered by a pump or injections
- Type 2 diabetes can be controlled by following a careful diet and exercise program, losing weight and taking oral medication
- People with diabetes may need to take medications to control blood pressure and cholesterol levels
- Testing your blood sugar as directed by your physician is a key to treating your diabetes, because it assists your physician in prescribing medication

## Complications Of Diabetes

- Heart Disease — Leading cause of diabetes-related deaths. Death rates for those with diabetes are two to four times higher among adults without diabetes
- Stroke — Risk is two to four times higher among people with diabetes
- High Blood Pressure — 73% of people with diabetes have high blood pressure, or take medication for high blood pressure
- Blindness — Diabetes is the leading cause of new cases of blindness in the United States among people 20 – 74 years old
- Kidney Disease — Diabetes is the leading cause of end-stage disease of the kidneys, and accounts for 43% of new cases diagnosed each year
- Nervous System Disease — 60 – 70% of people with diabetes have mild-to-severe forms of nerve damage
- Amputations — 60% of non-traumatic amputations of lower limbs occur among people with diabetes

Prevention is the key!

- Glucose Control — For every one percent reduction in the results of HbA1c blood tests, the risk of developing complications like eye, kidney and nerve diseases is reduced by 40%
- Blood Pressure Control — Controlling blood pressure can reduce the potential for heart disease and stroke by 30 – 50%, and can reduce the chance of developing eye, kidney and nerve diseases by approximately 33%
- Cholesterol and Triglycerides Control — Can reduce the chance of cardiovascular complications by 12%
- Preventative Care for Eyes, Kidneys and Feet — Detection and treatment of eye disease can reduce the development of severe vision loss by 50%. Foot care programs can reduce amputation rates by 45 – 85%. Detection and treatment of early diabetic kidney disease can reduce the chance of kidney failure by 30 – 70%

