



NOVEMBER IS DIABETES MONTH!

Brush up on your knowledge of the disease

You know that many of your residents have diabetes – but how much do you really know about the seriousness of this potentially life-threatening disease? In honor of the American Diabetes Association’s American Diabetes Month, why not brush up on your diabetes knowledge?

DIABETES FACTS¹

Prevalence

- Almost 24 million children and adults in the US have diabetes, and another 57 million have pre-diabetes and are at risk for developing type 2 diabetes.
- Since 1987, the death rate due to diabetes has increased by 45 percent, even though death rates due to cancer, heart disease and stroke have declined.

Potential complications

- Between 60 and 70 percent of diabetics have mild to severe nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.
- The amputation rate for people with diabetes is 10 times higher than that of non-diabetics.
- Diabetes is the leading cause of kidney failure as well as new cases of blindness among adults.
- Two out of three people with diabetes will die from heart disease or a stroke.

The cost of diabetes

- The total national cost of diagnosed diabetes in the US is \$174 billion.
- On average, medical expenditures among people with diabetes are 2.3 times higher than people without the disease.
- Indirect costs of diabetes, such as disability, work loss and premature mortality, amount to \$58 million.
- The cost of caring for someone with diabetes accounts for \$1 out of every \$5 in total healthcare costs.

Want to take action against diabetes? You can learn more and become involved with American Diabetes Month activities by visiting www.diabetes.org.

Reference

¹ American Diabetes Association. American Diabetes Month 2010 Fact Sheet.

Available at: <http://www.diabetes.org/in-my-community/programs/american-diabetes-month/>. Accessed September 3, 2010.