November is American Diabetes Month — November 14th is World Diabetes Day

Facts & Statistics on Diabetes and Obesity
Obtained through the American Diabetes Association and Center for Disease Control

Prevalence
- 23.6 million Americans have diabetes; 25% of these are unaware they have the disease.
- Nearly 25% of all people aged 60+ have diabetes.

Complications
- Diabetes is the 5th leading cause of death in the US.
- Adults with diabetes have heart disease and stroke death rates about 2 to 4 times higher than adults without diabetes.
- Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years.
- Diabetes is the leading cause of kidney failure, accounting for 44% of new cases in 2005.
- Almost 30% of people with diabetes aged 40 years or older have impaired sensation in the feet.
- More than 60% of nontraumatic lower-limb amputations occur in people with diabetes.
- People with diabetes are more susceptible to many other illnesses and, once they acquire these illnesses, often have worse prognoses. For example, they are more likely to die with pneumonia or influenza than people who do not have diabetes.
- Research on obesity has shown that as weight increases to reach the levels referred to as "overweight" and "obesity," the risks for the following conditions also increases:
  - Coronary heart disease
  - Type 2 diabetes
  - Cancers (endometrial, breast & colon)
  - Hypertension (high blood pressure)
  - Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
  - Liver and Gallbladder disease
  - Sleep apnea and respiratory problems
  - Osteoarthritis
  - Gynecological problems
  - Stroke
  - Liver and Gallbladder disease

Treatment
- Studies in the US and abroad have found that improved glycemic control benefits people with either type 1 or type 2 diabetes.
- In general, for every 10 mm Hg reduction in systolic blood pressure, the risk for any complications related to diabetes is reduced by 12%.
- Improving control of cholesterol or blood lipids (for example, HDL, LDL, and triglycerides) can reduce cardiovascular complications by 20% to 50%.
- Only 7% of people with diabetes are at goal for HbA1c levels, blood pressure and cholesterol.
- Detecting and treating diabetic eye disease with laser therapy can reduce the development of severe vision loss by an estimated 50% to 60%.
- Comprehensive foot care programs can reduce amputation rates by 45% to 85%.

F&CM Department Site: http://www.pennstatehershey.org/web/fcm/home
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