



WE CAN BE STRONGER THAN DIABETES

The Facts About Diabetes

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

Diabetes is serious, common, and costly, yet controllable.

- Over 4100 people are diagnosed with diabetes in the United States every day.
- Fifty-five go blind.
- One hundred and twenty have kidney failure.
- Two hundred and thirty get a limb amputated.
- That's every single day.

What is diabetes?

- Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both.
- Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

Diabetes is serious.

- Diabetes is the number one cause of acquired blindness, kidney failure, non-traumatic amputation and a contributor to the number one cause of death in the United States: heart attack and stroke.
- Diabetes is the sixth leading cause of death in America

Diabetes is common.

- Almost 21 Americans have diabetes — 7 percent of the U.S. population. Of these, about one third don't know they have the disease.
- Each year, about 1.5 million people are diagnosed with diabetes.
- One in five Americans ages 60 or older have diabetes.
- The number of people diagnosed with diabetes has increased almost 1000% from 1.5 million in 1958 to 14.6 million in 2005, an increase of epidemic proportions.

Diabetes is costly.

- Diabetes costs the nation about \$132 billion annually in direct medical costs such as hospitalization and treatment and indirect costs such as disability payments, time lost from work, and premature death.

Diabetes is controllable.

- Studies have found that controlling blood glucose (or blood sugar) reduces the risk of eye, kidney, and nerve diseases by 40%.
- Blood pressure control reduces the risk of heart disease or stroke among persons with diabetes by one third to one half.
- Improved control of cholesterol can reduce heart disease or stroke among people with diabetes by 20% to 50%.

To learn more about diabetes and to order free educational materials, please visit www.ndep.nih.gov or call the National Diabetes Education Program at 1-800-438-5383

To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.