

UNMANAGED TYPE 2 DIABETES

Increasing levels of blood sugar

Increasing risk of complications

SERIOUS HEALTH PROBLEMS

The Impact of Type 2 Diabetes Complications

- The latest CDC data (2002) states that diabetes is the sixth leading cause of death in the U.S. – more than 200,000 people die each year from diabetes-related complications.
- Overall, the risk for death among people with diabetes is about two times that of people without diabetes of similar age.

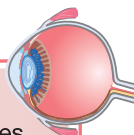
Reducing the Risk of Type 2 Diabetes Complications

- Over time, high levels of blood sugar can lead to other serious health problems including heart disease, stroke, kidney disease, eye damage and foot problems that can lead to amputations.
- To reduce the risk of these health complications of type 2 diabetes, people need to achieve and maintain good blood sugar control.
- Long-term blood sugar control is measured by the A1c test. AACE recommends an A1c target level of 6.5 percent or lower. Reaching the target is important since every one percent increase above six percent significantly elevates a person's risk of serious complications.
- A good diabetes management plan is critical to achieving blood sugar control and reducing the risk of complications. It should include healthy eating and regular physical activity, but these lifestyle changes alone may not be enough to lower blood sugar adequately. Many people with type 2 diabetes also may need one or more medicines. Some medicines work together in different ways to control blood sugar levels.
- People should track how their diabetes plan is working by monitoring their blood sugar regularly and visiting their doctor to see if lifestyle and/or medicine changes need to be made. Blood sugar monitoring should be done with a blood glucose meter and by getting an A1c test.

GlaxoSmithKline has provided funding and other support for the State of Diabetes Complications in America campaign to the American Association of Clinical Endocrinologists, and members of the diabetes complications consortium.

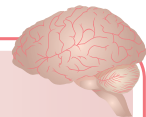
Eye damage

People with diabetes have a higher risk of blindness and are 40 percent more likely to suffer from glaucoma than people without diabetes. Diabetes is the leading cause of new cases of blindness in adults 20-74 years of age. Between 40 to 45 percent of people with diagnosed diabetes have eye damage from diabetic retinopathy.



Cardiovascular disease (CVD)

Heart disease and stroke account for approximately 65 percent of deaths in people with diabetes. Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes. The risk for stroke is two to four times higher among people with diabetes.



Chronic kidney disease

Diabetes is the most common cause of kidney failure, accounting for 44 percent of new cases in 2002.



Amputations

Severe nerve damage in people with type 2 diabetes is the major cause of leg and foot amputations. More than 60 percent (82,000 in 2002) of non-injury related leg and foot amputations occur in people with diabetes. Comprehensive foot care programs can reduce amputation rates by 45 to 85 percent.

