

THE EPIDEMIC THAT IS DIABETES

The Stats:

- Since 1996 the number of people living with diabetes in the UK has more than doubled and now stands at 3.3m
- If nothing changes, it is estimated that over 5m people in the UK will have diabetes by 2025
- 1 in 16 people in the UK has diabetes
- The UK prevalence is 6.2% in adults
- 10% of NHS budget spent on diabetes (£10 billion)
£1m/hour
- Total spent (direct and indirect) = £24 billion and set to rise to estimated £40 billion in next 20 years
- Drug costs = £768 million – over £3 million in Solihull
1 in 7 hospital beds and 80,000 hospital bed days/year



WHAT IS DIABETES?

Type 1 diabetes (10%)

- Pancreas fails to produce insulin to regulate blood sugar control
- Younger onset
- ? auto immune ? viral
- Rapid onset – can be life threatening
- Needs insulin to control

Type 2 diabetes

- Insulin produced by the pancreas cannot be utilised properly
- ‘insulin resistance’ – Excess insulin – pancreas becomes exhausted – late pancreatic failure with lack of insulin
- Mid life onset associated metabolic syndrome (obesity, BP, sedentary lifestyle, deprivation)
- Insidious onset
- Diet/Tablet/Insulin



WHY DO WE TREAT DIABETES?

TO PREVENT COMPLICATIONS LEADING TO DISABILITY AND PREMATURE DEATH

1, Macrovascular: CVD

Stroke

Peripheral Vascular Disease

2, Microvascular: Nephropathy (BP)

Retinopathy

Neuropathy

3, Other: Pregnancy complications

Erectile dysfunction

Depressive illness

Dementia



WHAT ARE WE DOING TO MANAGE THE PROBLEM?

- 1, Lifestyle education – evidence of prevention
 - Delay onset and progression
- 2, 'At risk' screening – CVD screening within GP practice
- 3, Managing condition in Primary Care to free up specialist services
- 4, Primary care MDT pilots

