

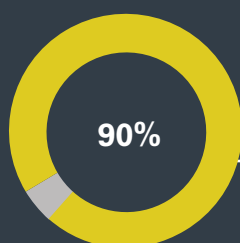
# TYPE 2 DIABETES AND ITS COMPLICATIONS

415  
MILLION

adults  
worldwide  
have  
diabetes.<sup>1</sup>



About **1** out of every **14** adults worldwide has type 2 diabetes.<sup>2,3</sup>



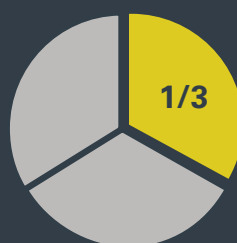
Type 2 diabetes accounts for approximately **90% of all cases of diagnosed diabetes in adults.**<sup>2</sup>

## Type 2 diabetes

is a chronic condition characterized by the presence of abnormally high blood sugar levels. It occurs as a result of either the body being unable to use insulin effectively and/or the body not being able to produce enough insulin.<sup>4</sup>



Diabetes is the **7<sup>th</sup>** leading cause of death **in the U.S.** and **8<sup>th</sup>** worldwide.<sup>5,6</sup>



About **one third** of adults living with diabetes are not at their A1C<sup>a</sup> goal.<sup>7</sup>

## INCREASED RISK FOR SERIOUS COMPLICATIONS

Diabetes increases the risk for many serious complications, including:<sup>5</sup>



Heart Problems



Kidney Problems



Blindness



Amputation



Nerve Disease

## CARDIOVASCULAR COMPLICATIONS



People aged 45-64 with type 2 diabetes have the **same high risk for heart attack** as people without diabetes who already have had a heart attack.<sup>8</sup>



The rate of hospitalization due to stroke is **1.5 times higher** in adults with diabetes compared with adults without diabetes.<sup>5</sup>



Adults with diagnosed diabetes are about **1.7 times more likely** to die from heart disease than adults without diabetes.<sup>5</sup>

Cardiovascular events including heart attack and stroke are a leading cause of death for patients with type 2 diabetes in the U.S., accounting for approximately **70% of deaths in people 65 and older.**<sup>9</sup>

70%

a. A1C is an estimate of a person's average blood glucose over a two to three month period.

1. International Diabetes Federation. IDF Diabetes Atlas, Seventh Edition, 2015 Update. Available at <http://www.diabetesatlas.org/key-messages.html> Accessed on November 12, 2015

2. World Health Organization. Media Centres Diabetes Fact Sheet. Accessed at: <http://www.who.int/mediacentre/factsheets/fs312/en/>

3. United States Census Bureau. International Programs: International Data Base World Population by Age and Sex. Accessed at: <https://www.census.gov/population/international/data/db/worldpop.php>

4. NIH Senior Health. Diabetes: What is Diabetes? Accessed at: <http://nihseniorhealth.gov/diabetes/diabetesdefined/01.html>

5. Centers for Disease Control and Prevention (CDC). National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. Accessed at: <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>

6. World Health Organization: The top 10 causes of death. Accessed at: <http://www.who.int/mediacentre/factsheets/fs310/en/>

7. Ali MK, Bullard K, Gregg EW, del Rio C. A Cascade of Care for Diabetes in the United States: Visualizing the Gaps. Annals of Internal Med. 2014 Nov; 161(10): 691-690.

8. Haffner et al. Mortality from coronary heart disease in subjects with type 2 diabetes and nondiabetic subjects with and without prior myocardial infarction. New England Journal of Medicine. 1998 Jul 23;339(4):229-234.

9. CDC. National Diabetes Fact Sheet, 2011. Atlanta, GA: U.S. Department of Health and Human Services; 2011. Accessed at: [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)