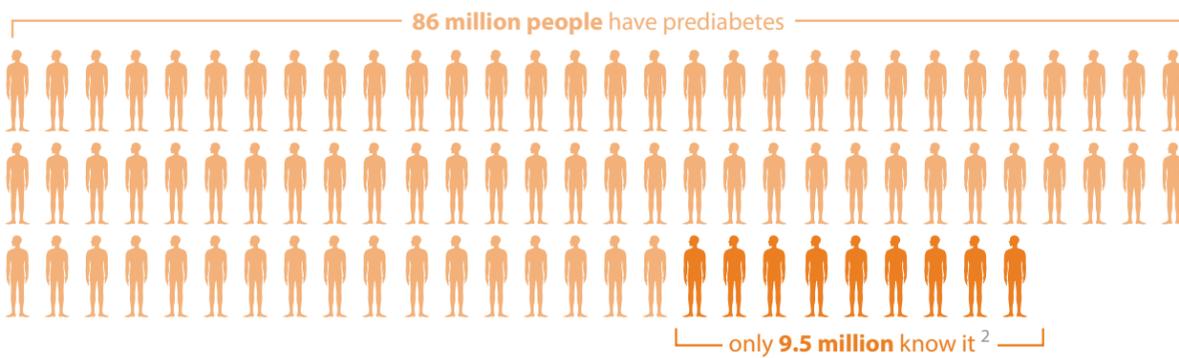
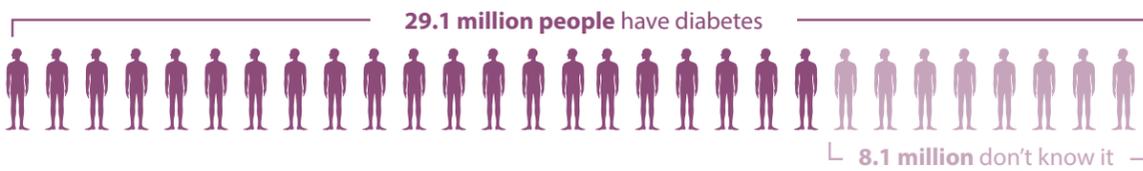


The Gateway Disease

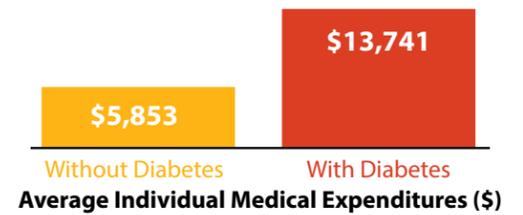
Health Consequences of Diabetes in America



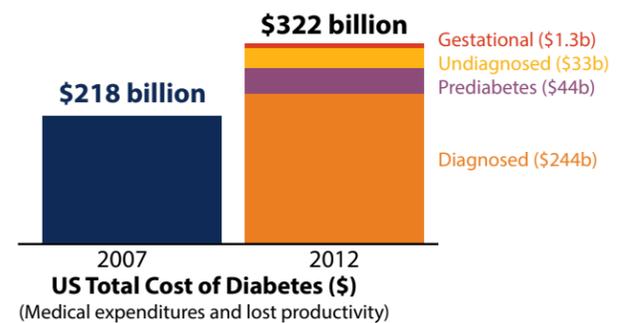
Diabetes is an epidemic problem affecting **millions of Americans**.¹



Annual medical expenditures of people with diagnosed diabetes are **2.3X higher**.³



The annual cost of diabetes has **increased 48%** from 2007-2012.⁴



Diabetes has a major impact on the body from head to toe.

The Brain: Dementia

People with type 2 diabetes are at **greater risk** for dementia. Elderly people with type 2 diabetes are **almost twice** as likely to develop dementia.⁵

The Ears

Hearing loss is **twice as prevalent** in people with diabetes and **thirty percent higher** in the 86 million adults with prediabetes compared to people without diabetes or prediabetes.⁸

The Eyes

In 2005-2008, of adults with diabetes aged 40 years or older, **4.2 million** (28.5%) people had diabetic retinopathy, which is damage to the small blood vessels in the retina that may result in loss of vision. Also, **655,000** (4.4%) had advanced diabetic retinopathy, with conditions that could lead to severe vision loss.¹

The Heart

Compared with people who do not have diabetes, individuals with diagnosed diabetes have increased death rates from cardiovascular disease (**1.7X**), and higher rates of hospitalization for heart attack (**1.8X**) and stroke (**1.5X**).¹

The Kidneys

Diabetes was listed as the primary cause of kidney failure in **44% of all new cases** in 2011.¹⁰ Each year, nearly **100,000 people** in the U.S. are diagnosed with kidney failure.¹⁰

The Legs and the Feet

About 3 in 5 non-traumatic lower limb amputations (or 73,000 in 2010) occurred in patients with diabetes.¹

The Brain: Depression

Studies show that depression and diabetes may be linked. The stress of managing diabetes every day and the effects of diabetes on the brain may contribute to depression.^{6,7}

The Mouth and Teeth

Young adults with diabetes have **twice the risk** of gum disease.¹ **About one-third of people** with diabetes have severe periodontal disease.¹

Blood Pressure and Cholesterol

About **2 of every 3 people** with diabetes report having high blood pressure or LDL cholesterol, or take prescription medications for these conditions.¹

Bones

Type 1 diabetes is linked to low bone density.⁹ **Fractures are increased** in people with type 2 diabetes, perhaps due to a sedentary lifestyle, and **increased falls** because of vision problems and nerve damage.⁹

The Nervous System

One study showed that about **1 in 4 diabetes patients** have painful diabetic peripheral neuropathy (PDPN).¹¹

What can policymakers do?

Support policies and legislation that will improve **diabetes detection, prevention and care**.

Urge AHRQ, CMS and other federal agencies to **promote broader federal diabetes screening guidelines** so more people with undiagnosed diabetes and prediabetes are screened and identified.

Sustain funding for the **National Diabetes Prevention Program**, a successful public-private partnership in which business and nonprofit sector organizations can get training and apply for CDC recognition, and use their own resources to offer evidence-based, affordable diabetes prevention in communities across America.

Cosponsor the **Preventing Diabetes in Medicare Act** of 2015 (H.R. 1686) to allow seniors diagnosed with prediabetes to access medical nutrition therapy as a tool to prevent diabetes.

Cosponsor the **Medicare CGM Access Act of 2015** (H.R. 1427/S. 804) to provide Medicare coverage for continuous glucose monitoring (CGM) for qualified individuals.

Cosponsor the **National Diabetes Clinical Care Commission Act** (H.R. 1192/S. 586) so federal agencies better coordinate diabetes programs and resources to support appropriate clinical care for people with prediabetes and diabetes.

Cosponsor the **Access to Quality Diabetes Education Act of 2015** (H.R. 1726/S. 1345) to expand access to diabetes self-management training so older adults with diabetes can prevent costly complications.

Cosponsor the **Medicare Diabetes Prevention Act of 2015** (H.R. 2102/S. 1131) to make the National Diabetes Prevention Program a covered benefit under Medicare.

Support the **Gestational Diabetes Act** (S. 84), which aims to lower the incidence of gestational diabetes and prevent women afflicted with this condition and their children from developing type 2 diabetes.

Support the **Eliminating Disparities in Diabetes Prevention, Access and Care Act** (EDDPAC) (H.R. 2651), which requires NIH, CDC, HRSA, and IHS to increase research, education and programs related to diabetes and prediabetes within racial and ethnic minority groups.

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