

# DIABETES IN YOUR FUTURE

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## WHAT

- Type 2 Diabetes affects more than 29 million people
- Another 86 million people have pre-diabetes
  - 15-30% develop diabetes every 5 years
- 1 out of every 3 people will develop diabetes in the US

CDC 2015

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## HOW

- Total Physicians in the US (as of 2013)
  - 854,698
- Primary Care Physicians (as of 2010)
  - 208,807
- Endocrinologists (as of 2011)
  - 4,841
- APNs (as of 2010)
  - 81,000
- PAs (as of 2010)
  - 30,000
- 996 million office visits (2008)
  - 51% were Primary Care

Agency for Healthcare Research and Quality

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### WHY

- Total medical costs 245 Billion
  - More spent on DM than the GDP of Ireland, Chile, Finland, Portugal, Greece, Hungary, NZ
  - Total GDP US 18 Trillion
- Number 1 cause of death in the US
  - Diabetes 76,488
  - CAD 614,348
  - CVD 133,103
  - Cancer 591,699
  - Alzheimer's 93,541

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### BEING PICKY IS NOT AN OPTION

#### Lifestyle (Get used to it)

- Carbs are toxic
- Sugar is evil
- Exercise is not an option but a must

#### Medications (Get used to it)

- Single class therapy is NOT an option
- Stepwise add-ins are slow torture
- "Choose your diabetes drugs wisely"
  - PracticalDiabetology 38:3 pg 10-5

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### SIMPLE DIET INSTRUCTIONS

#### Best Food Choices

- Veggies
- Meats/Fish
- Cheese
- Eggs
- Fermented Dairy
- Nuts
- Oils
  - Avocado, Coconut (lard), Olive, Grapeseed, Butter

#### Worst Food Choices

- Fruit
- Starchy Veggies
  - Potatoes, peas, corn
- Grains/Cereals
- Chips/Crackers/Pretzels/Popcorn
- Processed food
- Soda/Juice/Milk (including fake milk)
- Artificially sweetened products
- Vegetable Oils

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## SIMPLE EXERCISE INSTRUCTIONS

### Best Choices

- Frequent high intensity activity
- 90-95% max heart rate for 30-60 sec
  - Rest intervals of 3-4 min
- Daily activity

### Not Great Choices

- "I walk at lunch a few times a week"
- "I do \_\_\_\_\_ twice a week"
  - Zumba, water aerobics, bike ride
- "I walk the dog daily"

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Chemical Class	Agent
Biguanides	Metformin
Secretagogues	Sulfonylurea Nonsulfonylurea (glitazone)
Insulin Mimetic	Ezetimibe, liraglutide, albiglutide, dulaglutide
DPPIV Inhibitor	Sitagliptin, saxagliptin, linagliptin, alogliptin
Alpha-glucosidase inhibitor	Acarbose
Thiazolidinedione	Glitazones (pioglitazone)
Amylin analogues	Pramlintide
Bile Acid resin	Colacevitan
SGLT-2 inhibitors	Canagliflozin, dapagliflozin, empagliflozin
Insulin	Regular, NPH, analogues

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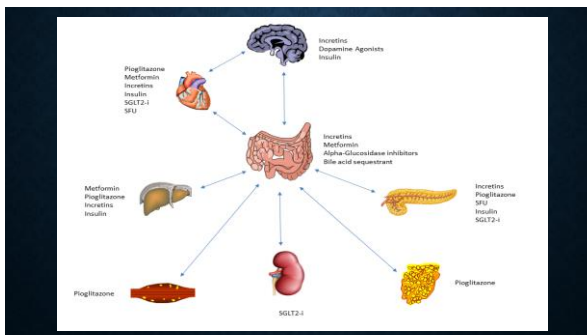
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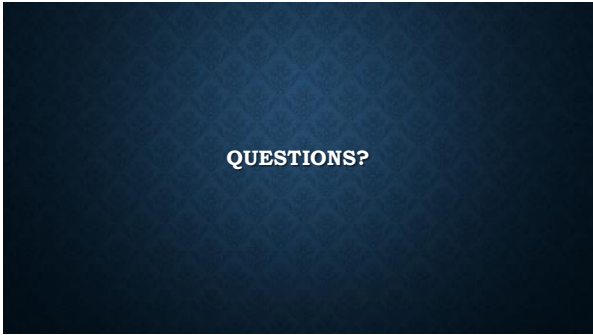
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