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

HOW

- Total Physicians in the US (as of 2013)
  - 854,698
- Primary Care Physicians (as of 2010)
  - 306,407
- Endocrinologists (as of 2011)
  - 4,841
- APNs (as of 2010)
  - 51,000
- PAs (as of 2010)
  - 30,000
- 956 million office visits (2008)
  - 51% were Primary Care
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 814,348
  - CVD 133,103
  - Cancer 591,699
  - Alzheimer’s 93,541

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-ons are slow torture
- “Choose your diabetes drugs wisely”
  - Practical Diabetology 35:3 pg 10-5

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
- Cereal/Cereals
- Chips/Crackers/Pretzels/Popcorn
- Processed food
- Soda/Juice/Milk (including fake milk)
- Artificially sweetened products
- Vegetable Oils
**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**

<table>
<thead>
<tr>
<th>Agent Type</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biguanides</td>
<td>Metformin</td>
</tr>
<tr>
<td>Secretagogues</td>
<td>Sulfonylurea (glibenclamide)</td>
</tr>
<tr>
<td>Alpha-glucosidase inhibitors</td>
<td>Acarbose</td>
</tr>
<tr>
<td>Exenatide</td>
<td>Liraglutide, albiglutide, dulaglutide</td>
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<tr>
<td>DPP-4 Inhibitor</td>
<td>Sitagliptin, saxagliptin, linagliptin, alogliptin</td>
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<tr>
<td>Thiazolidinediones</td>
<td>Pioglitazone, troglitazone</td>
</tr>
<tr>
<td>Amylin analogue</td>
<td>Pramlintide</td>
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<tr>
<td>Bile Acid resin</td>
<td>Colesevelam</td>
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<tr>
<td>SGLT-2 inhibitors</td>
<td>Canagliflozin, dapagliflozin, empagliflozin</td>
</tr>
<tr>
<td>Insulin</td>
<td>Regular, NPH, analogues</td>
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</tbody>
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QUESTIONS?