



Health Matters – November 2009

November is American Diabetes Month

Diabetes has reached epidemic proportions. Nearly 24 million children and adults in the United States live with diabetes. Another 57 million people have pre-diabetes and are at risk for developing type 2 diabetes. In fact, if current trends continue, one in three children born today will face a future with diabetes. Diabetes is not merely a condition. It is an epidemic disease.

These statistics, coupled with the personal struggles of people with diabetes and their loved ones, underscore the need for action. So, during American Diabetes Month this November, Lakeview Hospital is launching a bold movement to confront, fight and eventually stop diabetes:

Diabetes Tune Up: A refresher class for people with diabetes

This class gives individuals with diabetes the tools they need to take control of their health, including their glucose levels, their blood pressure, their cholesterol and more. Class participants develop a plan for decreasing their risk of developing complications associated with diabetes. This class requires a physician's order and is billed to the patient's insurance company.

Stomp Out Diabetes: For people at risk of developing diabetes

This class is open to anyone in the community who is at risk of developing diabetes due to their weight, their inactivity, family history, age or other risk factors. Participants receive a meal plan and tools for decreasing their risk of developing diabetes. Participants must register at (651) 430-8715, and pay \$20 the night of the class.

The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined. About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems. The rate of amputation for people with diabetes is 10 times higher than for people without diabetes. Two out of three people with diabetes die from heart disease or stroke. Diabetes is the leading cause of new cases of blindness among adults. And diabetes is the leading cause of kidney failure.

The total national cost of diagnosed diabetes in the United States is \$174 billion. Direct medical costs reach \$116 billion, and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease. Indirect costs amount to \$58 billion (disability, work loss, premature mortality). The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare costs. (Source: American Diabetes Association.)

For more information, please visit www.lakeview.org/diabetes_nutrition.

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