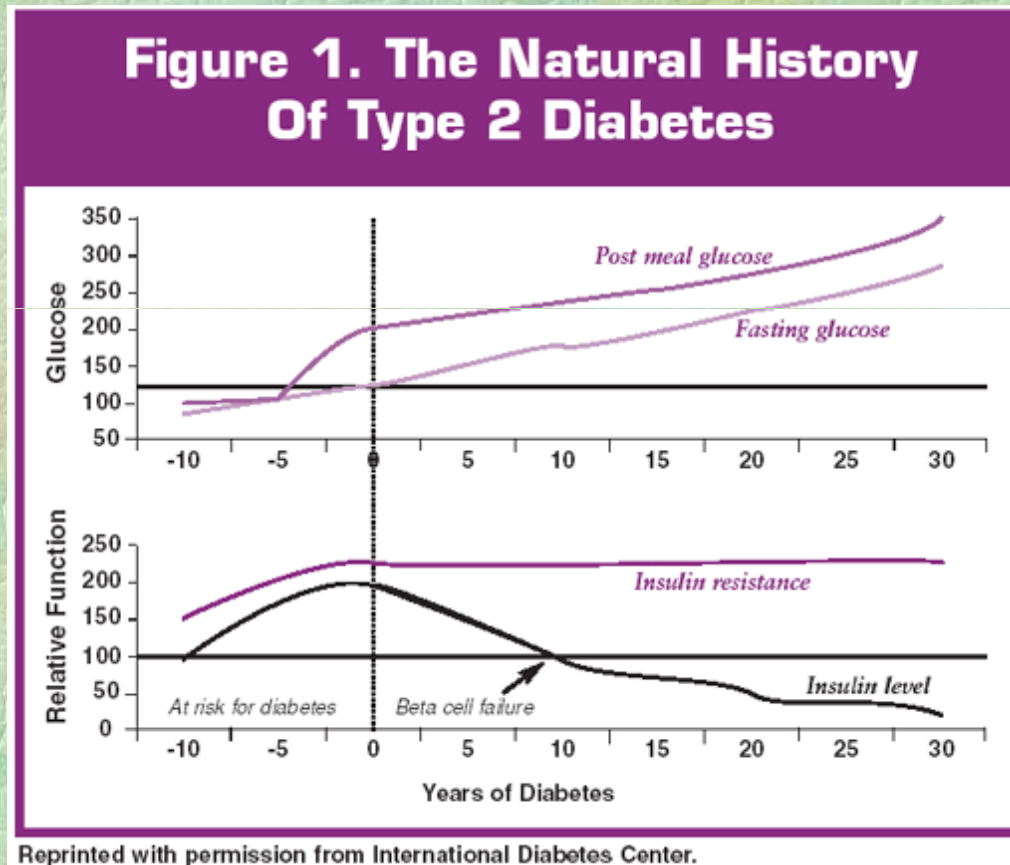


Type 2 Diabetes a progressive disease

The Cedars

20th November 2007

Type 2 diabetes- the story



Pre diabetes

- Under diagnosed
- Lifestyle interventions
- Targeted healthcare interventions
- Screening

Diabetes -diagnosis

- Progressive failure of insulin production
- Insulin production halved every 6-8 years
- After 20 years nearly all type 2 patients will be on insulin

Treatments for diabetes

- All non insulin treatments aim to increase insulin secretion or increase it's effectiveness
- The key is to use them at the correct stage of the disease process

Treatments

- Diet
- Stop smoking
- Activity
- Oral medications
- Insulin



Case study

- Mrs Green is a 53 year with a BMI of 31.
She has just found that she has diabetes.

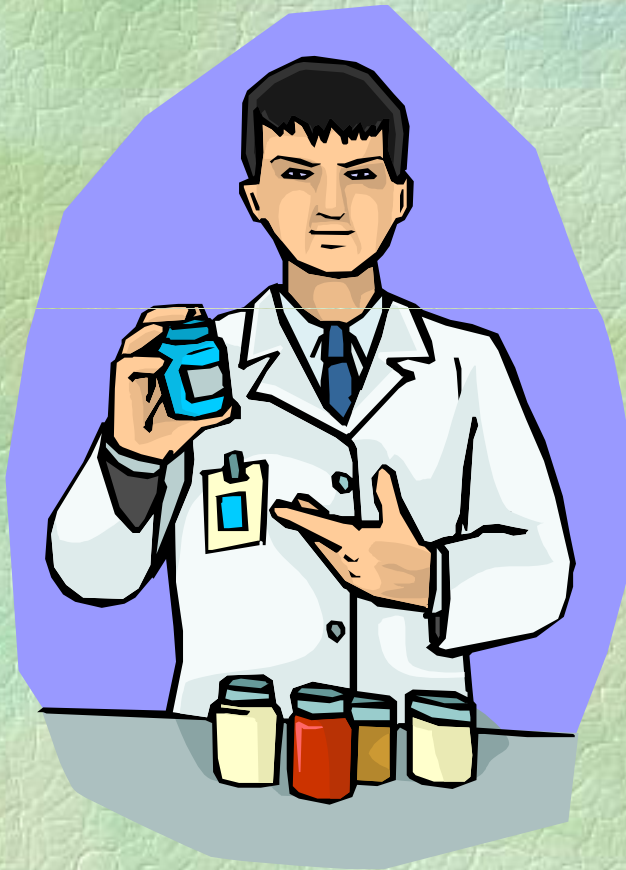
How can we help her?

Oral treatments

- Biguanide
- Sulphonylureas
- Prandial glucose regulators
- Alpha-glucosidase inhibitor
- Thiazolidinediones (glitazones)
- Incretin mimetics
- Gliptins
- Anti obesity drugs (Herbal remedies)

National Service Framework for Diabetes

Sets as its standard that all individuals with diabetes should have an assessment of glycaemic control, blood pressure and cardiac risk and receive the appropriate medication to reduce them.



Most patients with Type 2 diabetes will be prescribed at least five different types of medication.

More for those with active ischaemic heart disease

Effective diabetes care:

- Aggressive treatment of hyperglycaemia, dyslipidaemia, and hypertension and regular use of antiplatelet agents has been advocated in type 2 diabetes
- Current targets for glycaemia, lipids, and blood pressure are attainable in only 50-70% of individuals in research studies

Non - adherence to medication

Is potentially one of the most serious problems facing diabetes care delivery

Aim of Treatment

- HbA_{1c} level of between 6.5% and 7.5%
- UK clinics: 7.4% after 5yrs of type 2 and then 8% + even on insulin
- To achieve an HbA_{1c} target of 7% - 50% + of type 2 patients will need insulin



Cardiovascular Risk

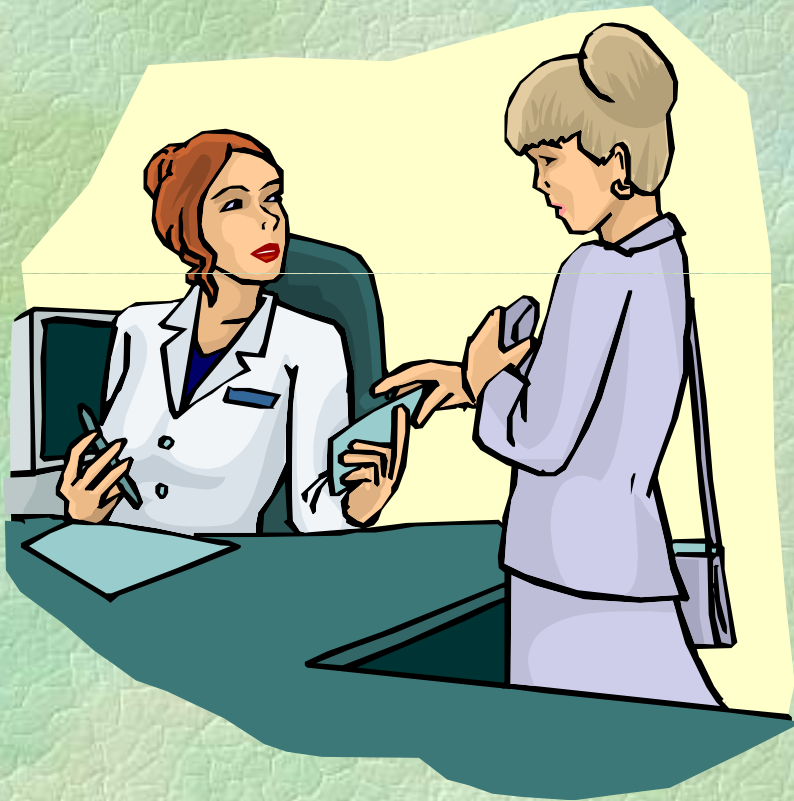
- People with diabetes have a risk of myocardial infarction, stroke and cardiovascular disease that is at least two -to four- fold that of age and sex matched people without diabetes



Hypertension

- BP > 140/90 twice as common in people with diabetes as in non-diabetic population
- 35% newly diagnosed are hypertensive
- 70% patients with existing Type 2 are hypertensive

Aim of treatment



- Ideally should be less than 130/80 - audit target 140/80
- $< 125/75$ if there is proteinuria
- Many patients will require three or more drugs to achieve

Hello Mr Smith, I'm glad to see you have brought your tablets along.

- How can health professionals help people with diabetes understand their diabetes?

