



A DOSE OF REALITY

THE VISIBLE DAMAGE OF
UNCONTROLLED DIABETES

The background of the slide shows two feet. The left foot is in the foreground, showing a significant wound on the side of the big toe. The right foot is in the background, showing a large, dark, ulcerated area on the heel. The overall image is slightly blurred, focusing attention on the text.

WHY DIABETES IS A BIG DEAL

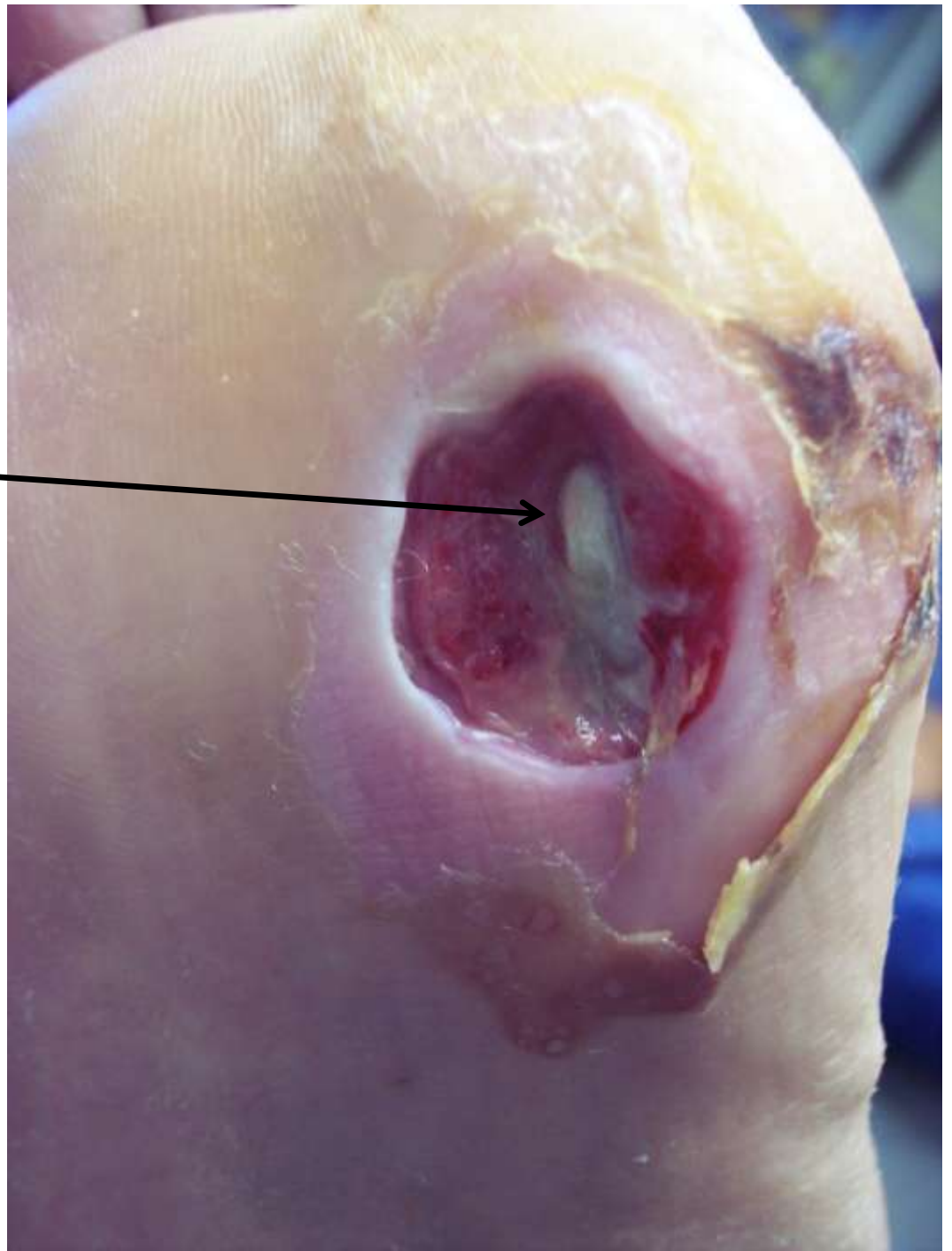
UNCONTROLLED DIABETES CAUSES:

- KIDNEY DISEASE: MAY REQUIRE DIALYSIS (BLOOD FILTERING)
- NERVE DAMAGE: CAN'T FEEL INJURY TO FEET
- CIRCULATION DAMAGE: CAN'T HEAL WOUNDS
- IMMUNE SYSTEM: CAN'T FIGHT INFECTION
- EYE DAMAGE: CAN CAUSE BLINDNESS
- SKIN DAMAGE: GET SORES MORE EASILY
- HEART DISEASE: MUCH HIGHER CHANCE OF HEART ATTACK

THE EFFECTS OF UNCONTROLLED DIABETES

DAMAGE TO NERVES ALLOWS A
PERSON TO LITERALLY WEAR A HOLE
IN THE FOOT.

BOTTOM OF THE FOOT WITH THE
TENDON TO THE BIG TOE EXPOSED



THE EFFECTS OF UNCONTROLLED DIABETES

IF THE TENDON BECOMES INFECTED,
THE INFECTION COULD SPREAD
QUICKLY DOWN THE PATH OF THE
TENDON INTO THE ARCH AND BIG
TOE, AND POSSIBLY UP TO THE ANKLE.



THE EFFECTS OF UNCONTROLLED DIABETES

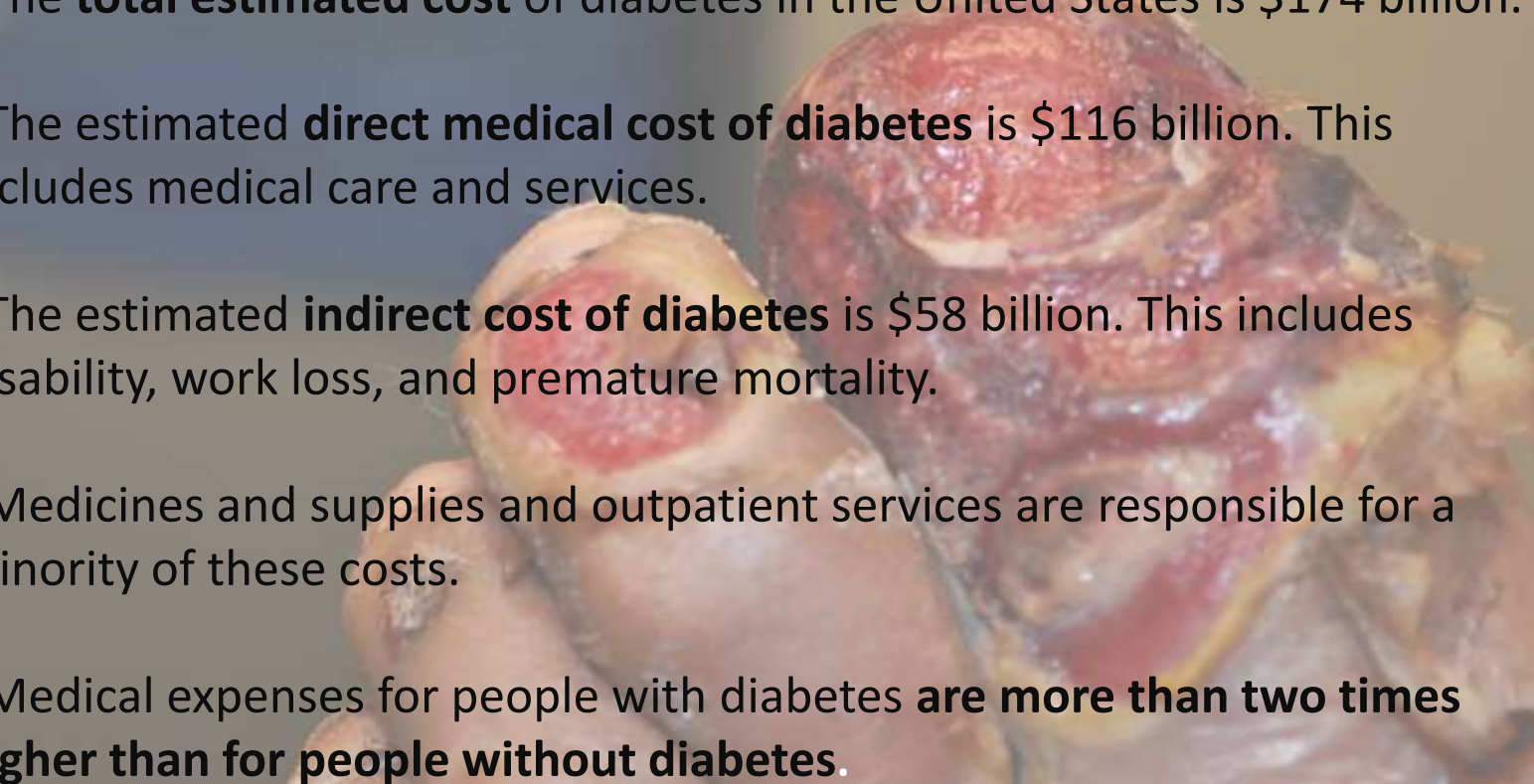
FORTUNATELY, THE WOUND WAS
HEALED.

THIS PATIENT WILL ALWAYS HAVE TO
WEAR SPECIAL SHOES AND PADS TO
PREVENT THE WOUND FROM COMING
BACK.

AN OPERATION MAY NEED TO BE
PERFORMED IF THE WOUND KEEPS
COMING BACK.



Economic Cost of Diabetes in U.S.

- The **total estimated cost** of diabetes in the United States is \$174 billion.
 - The estimated **direct medical cost of diabetes** is \$116 billion. This includes medical care and services.
 - The estimated **indirect cost of diabetes** is \$58 billion. This includes disability, work loss, and premature mortality.
 - Medicines and supplies and outpatient services are responsible for a minority of these costs.
 - Medical expenses for people with diabetes **are more than two times higher than for people without diabetes.**
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THE EFFECTS OF UNCONTROLLED DIABETES

LARGE AND SMALL BLOOD VESSELS
BECOME THICKENED UNTIL THERE IS
NOT ENOUGH CIRCULATION TO KEEP
TISSUES HEALTHY

THIS IS GANGRENE



**THE EFFECTS OF
UNCONTROLLED DIABETES
GANGRENE OF THE TOE.**

IT ALL STARTED WITH A
SMALL WOUND ON THE TIP
OF THE TOE.

LACK OF FEELING
LACK OF BLOOD FLOW
LACK OF PROPER ATTENTION
LACK OF DIABETES CONTROL

A DEAD TOE.



THE EFFECTS OF UNCONTROLLED DIABETES

CHRONIC WOUND PENETRATED TO
BONE.



BONE IS INFECTED AND MUST BE
REMOVED.

THE TOE WILL HAVE TO BE
AMPUTATED WITH THE INFECTED
BONE.



THE EFFECTS OF UNCONTROLLED DIABETES

MULTIPLE INFECTED WOUNDS.

IT STARTED IN THE TOE AND SPREAD
UP THE BOTTOM OF THE FOOT.

THIS MAN WAS **DEPRESSED** AND
ALLOWED THIS TO HAPPEN.

DO YOU EVER GET DEPRESSED
ENOUGH TO JUST NOT CARE
ANYMORE?

THEN GET HELP!

LIFE WILL ONLY GET WORSE IF YOU
DO NOT!



THE EFFECTS OF UNCONTROLLED DIABETES

REMOVING DEAD AND INFECTED
TISSUE FROM MASSIVE AND
NEGLECTED WOUND.

IF THIS FOOT CAN BE SAVED, IT WILL
TAKE MONTHS AT A VERY HIGH COST

THE FOOT WILL NEVER BE NORMAL



THE EFFECTS OF UNCONTROLLED DIABETES

THIS DISASTER DID NOT HAVE
TO HAPPEN

OBESITY AND DIABETES CAN
BE CONTROLLED

IT JUST TAKES KNOWLEDGE
AND DISCIPLINE



THE EFFECTS OF UNCONTROLLED DIABETES

BECAUSE THIS PATIENT HAS

NO FEELING IN THE FEET,
SHE NOW HAS A WOUND THAT
STARTED AS A LITTLE BLISTER

BUT, BECAUSE OF

VERY POOR CIRCULATION
AND
KIDNEY FAILURE

THIS WOUND

NEVER HEALS



THE EFFECTS OF UNCONTROLLED DIABETES

THE INFECTED TOE WAS
AMPUTATED,
RESULTING IN THIS WOUND.

THIS WOUND DID NOT HEAL.

EVENTUALLY, THE PATIENT
LOST HALF THE LEG.



THE EFFECTS OF UNCONTROLLED DIABETES

ALL TOES AMPUTATED DUE TO INFECTION.

LEFT FOOT HAS A COLLAPSED ARCH CAUSED BY NERVES THAT NO LONGER WORK.

THE BONES OF THE DEFORMED ARCH CAN CAUSE PRESSURE WOUNDS ON THE BOTTOM OF THE FOOT.



X RAY SHOWS DISLOCATED BONES IN MIDDLE OF THE ARCH.



THE RELATIONSHIP BETWEEN DIABETES AND OBESITY

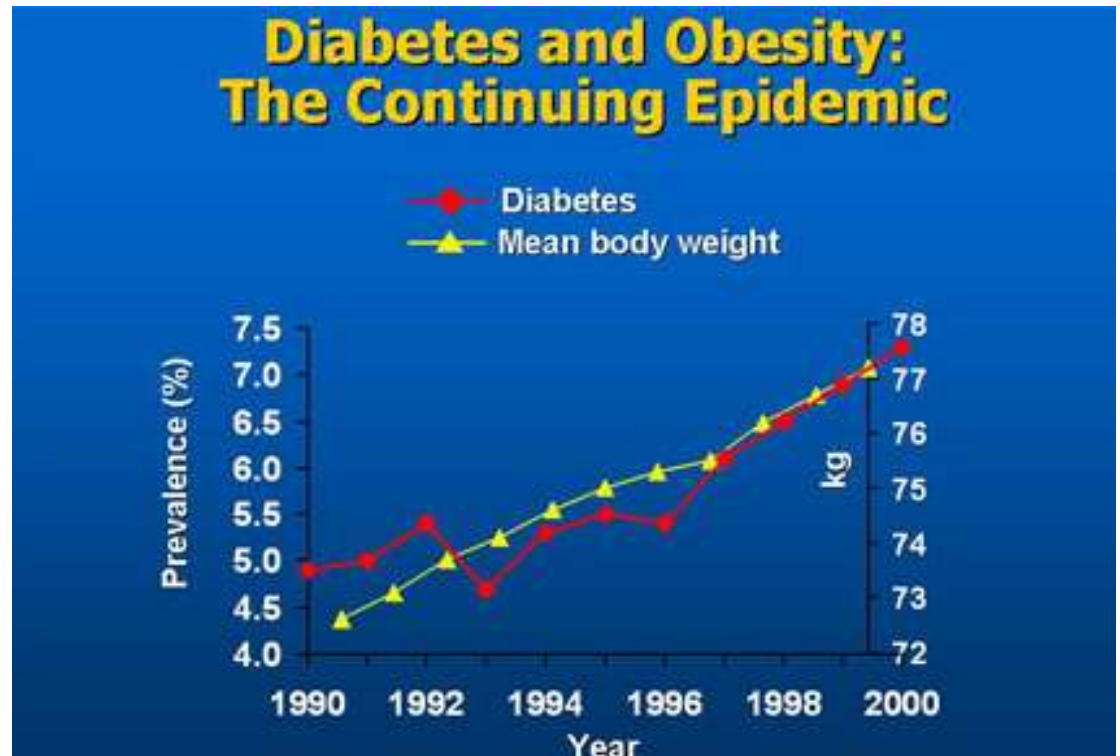
THIS GRAPH SHOWS THAT BODY
WEIGHT AND DIABETES ARE CLOSELY
RELATED

THE HEAVIER ONE IS, THE MORE
LIKELY ONE IS TO GET DIABETES

THIS TREND IS SEEN ALL OVER THE
WORLD.

IT HAS GOTTEN MUCH WORSE IN THE
LAST 30 YEARS.

IT WILL BE DEVASTATING IF THE
TREND CONTINUES BECAUSE THE
COSTS TO SOCIETY ARE TOO HIGH TO
SUSTAIN OVER TIME.



DIABETIC WOUNDS CAN BE MORE LETHAL THAN CANCER

THIS GRAPH SHOWS THE PERCENTAGE OF PEOPLE WHO DIE WITHIN 5 YEARS WITH DIFFERENT FORMS OF CANCER COMPARED WITH THOSE WITH A WOUND RELATED TO DIABETIC NERVE OR CIRCULATORY DAMAGE

45% DEATH RATE WITHIN 5 YEARS WITH WOUND CAUSED BY DIABETES AND NERVE DAMAGE

47% DEATH RATE WITHIN 5 YEARS WITH AMPUTATION OF A LIMB

55% DEATH RATE WITHIN 5 YEARS WITH WOUND CAUSED BY BAD CIRCULATION

YOU HAVE A BETTER CHANCE OF SURVIVING PROSTATE, BREAST, LYMPHOMA AND COLON CANCER

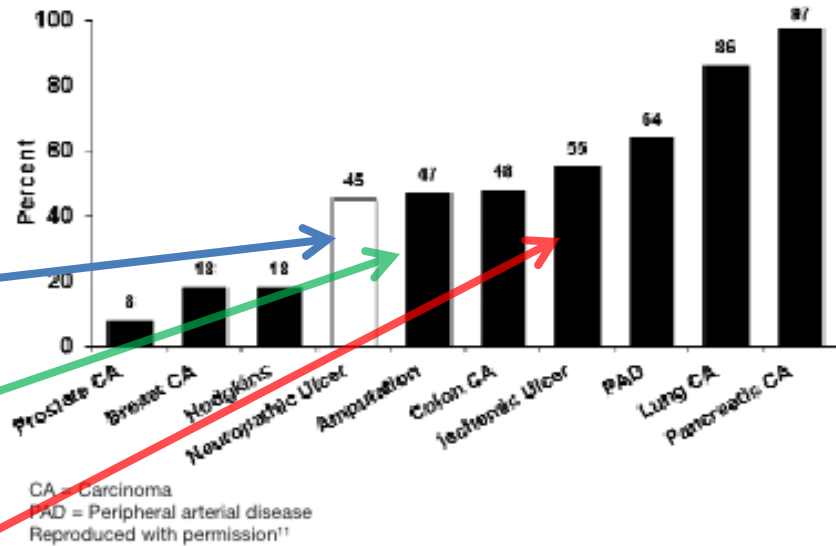


Figure 2. Reported 5-year mortality rates.



THE PLAGUE OF OUR AGE

FOR THE FIRST TIME IN OUR HISTORY, THE NEXT GENERATION
WILL LIKELY BE LESS HEALTHY AND LIVE SHORTER LIVES-

BECAUSE OUR WAY OF LIFE HAS CREATED AN EPIDEMIC OF
OBESITY AND DIABETES

BUT

WE CAN CHANGE OUR WAYS AND LIVE BETTER

IT IS UP TO EVERY INDIVIDUAL