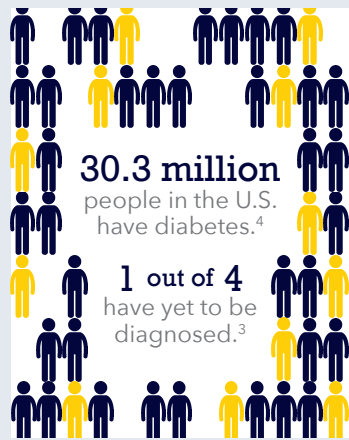


The Difficulties of Diabetes

Less than 50% of medications are taken as prescribed¹. What makes adherence so difficult?

Most treatment places a majority of the burden of diabetes management on patients and their families. Patients have daily medications to take, substantial lifestyle changes to make, as well as keeping track of blood sugar levels and blood pressure. When put together, managing diabetes becomes the equivalent of having a part-time job.¹ Adherence is critical. Not just medication adherence but adherence to a healthier lifestyle. Those with diabetes are at increased risk for developing serious complications, while healthcare costs continue to skyrocket.



TYPES OF DIABETES³

TYPE 1: Body doesn't make enough insulin.
Accounts for **5%** of all diagnosed cases.

TYPE 2: Body can't use insulin properly.
Accounts for **95%** of all diagnosed cases.

Risk Factors for Type 2 Diabetes⁴

- Overweight
- Inactive
- Smoking
- High Blood Pressure
- High Cholesterol

COMORBIDITIES⁵

Adults with diabetes also have ...

- 82.1% HYPERTENSION
- 78.2% OBESITY
- 77.2% HYPERLIPIDEMIA
- 24.1% CHRONIC KIDNEY DISEASE
- 21.6% CARDIOVASCULAR DISEASE

Complications³

- Blindness
- Kidney Disease
- Heart Disease
- Stroke
- Loss of toes, feet, or legs

RIP

Diabetes is the **seventh** leading cause of death in the United States.⁴

Diagnosed diabetes costs Americans **\$327 BILLION** per year.²

Medical costs for those with diabetes are **more than twice as high** than for those without.²



Complications and comorbidities make diabetes a difficult and costly condition that can only be controlled with a higher standard of patient care.

At ProAct, we believe that personalized treatment can lead to better outcomes. Finding a health care professional that believes in patient-focused care is fundamental.



1. American Diabetes Association. Clinical Diabetes 2017 Jan; 35(1): 35-42. <https://doi.org/10.2337/cd16-0007>

2. "The Cost of Diabetes." ADA, <https://www.diabetes.org/resources/statistics/cost-diabetes>.

3. "Diabetes Infographic | Social Media | Press and Social Media Diabetes | CDC." Centers for Disease Control and Prevention, <https://www.cdc.gov/diabetes/library/socialmedia/infographics.html>.

4. "National Diabetes Statistics Report | Data & Statistics | Diabetes | CDC." Centers for Disease Control and Prevention, <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>.

5. K, Iglay, and Res Opin. "Prevalence of Comorbidities High in Type 2 Diabetes." Healio, <https://www.healio.com/endocrinology/diabetes/news/online/fe8d2355d-0624-4b22-9870-5047a797b526/prevalence-of-comorbidities-high-in-type-2-diabetes>.