



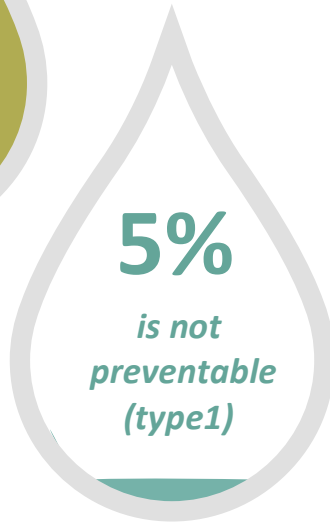
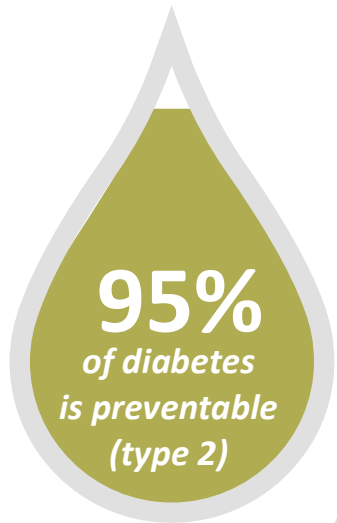
Diabetes
Just Ahead



HOW FAST DO PREDIABETICS
DEVELOP DIABETES?

HOW FAST DO PRE-DIABETICS DEVELOP DIABETES?

*The case for preventative healthcare is strong.
Diabetes is a particularly clear case.*



Type 2 diabetes is reversible, and the sooner someone begins the reversal process through healthy lifestyle changes, the greater the chances of reversal.

For type 2 diabetics the chances of reversal decrease by 50% if reversal is started 8 years after diagnosis compared with up to an 80% chance of reversal within 4 years of diagnosis (1)

Prediabetics convert to diabetes at the rate of 5-10% per year (2). Without Lifestyle intervention, 50% of prediabetics could convert to diabetes within 5-10 years and the entire group could convert to diabetes within 20 years (3).



PREDIABETICS CONVERSION RATE
5-10% per year



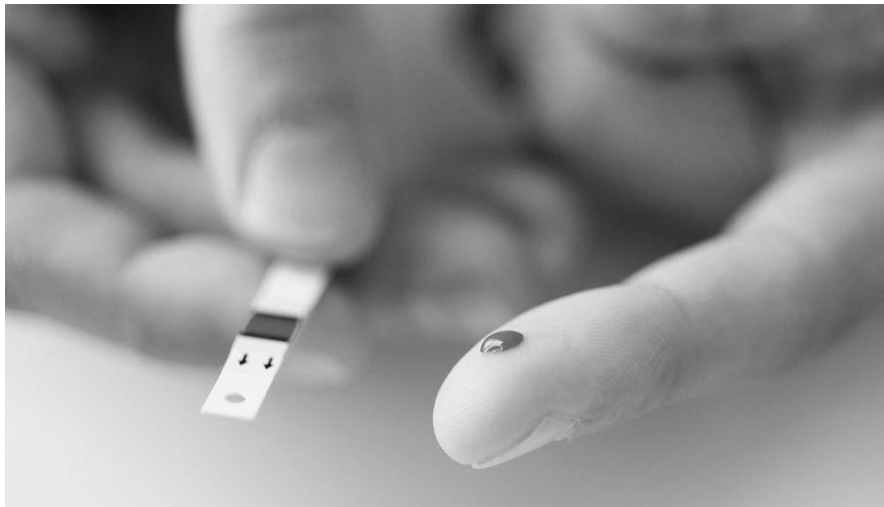
8 YEARS



4 YEARS

It is difficult to imagine a stronger case for lifestyle intervention than type 2 diabetes. Yet people do not consider the long-term costs.

WHY PEOPLE DON'T ACT QUICKLY ON DIABETES?



- ▶ **Lack of concern:** People don't feel ill in the early stages. They don't experience severe complications until the disease is advanced.
- ▶ **Lack of awareness:** 90% of prediabetics are either unaware of their prediabetic state or don't know what to do about it (4).

WHAT IS THE COST OF DELAYING DIABETES REVERSAL?



- ▶ Annual and lifetime medical costs twice someone without diabetes (5,6)
- ▶ Increased risk for major surgery
- ▶ Chronic disease combinations that create very unpleasant, costly and prolonged end of life stages.

HOW CAN YOU MAKE A DECISION TO PREVENT?

When considering whether prevention is worth it, a helpful question to ask is “What will it cost me to not prevent?”



1. Steven, S., Lim, E., & Taylor, R. (2013). Treatment population response to information on reversibility of Type 2 diabetes. *Diabet Med*, 30(4), 135-138.
2. Tabak, A. et al. (2012). Prediabetes: A high-risk state for developing diabetes. *Lancet*, 379(9833), 2279-2290.
3. Fonseca, V. A. (2009). Defining and Characterizing the Progression of Type 2 Diabetes. *Diabetes Care*. 32(2), 5151-5156.
3. Centers for Disease Control and Prevention. (n.d.). Diabetes. Retrieved October 3, 2017, from <https://www.cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm> Working to Reverse the US Epidemic At A Glance 2016: Fast Facts
4. The impact of wellness on community sustainability [Interview by T. Schierer]. (2016, November). JETT Radio interview with Dr. Mike Roizen <https://vimeo.com/193400128>
5. Statistics about Diabetes. (2014, June 10). American Diabetes Association. Retrieved 2015, from <http://www.diabetes.org/diabetes-basics/statistics/>

QUESTIONS?

Contact Dr. Ted Schierer at tschierer@jettphc.com or 515-230-8253 to schedule a free consultation or to request diabetes resources.

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