“Diabetes Prevention: The “weight” is over!
Diabetes: the growing global burden

Prevalence estimates of diabetes mellitus [2025]

IDF: 2%
• Diabetes currently affects 246 million people worldwide
• It is expected to affect 380 million by 2025
Complications of Diabetes

**Large Blood Vessel**

- **Brain**
  - Cerebrovascular disease
  - Transient ischemic attack
  - Cerebrovascular accident
  - Cognitive impairment

- **Heart**
  - Coronary artery disease
  - Coronary syndrome
  - Myocardial infarction
  - Congestive heart failure

- **Extremities**
  - Peripheral vascular disease
    - Ulceration
    - Gangrene
    - Amputation

**Small Blood Vessel**

- **Eye**
  - Retinopathy
  - Cataracts
  - Glaucoma

- **Kidney**
  - Nephropathy
    - Microalbuminuria
    - Gross albuminuria
    - Kidney failure

- **Nerves**
  - Neuropathy
    - Peripheral
    - Autonomic
Prevalence of Diagnosed Diabetes in Adults
2004

Map showing the prevalence of diagnosed diabetes in adults in 2004 by state.
Natural History of Type 2 Diabetes

- Insulin "inefficiency"
- Insulin secretion
- Post-Meal glucose
- Fasting glucose

Years from diagnosis

Onset

Diagnosis

"Pre-Diabetes"

PLASMA GLUCOSE
Normal: 99 mg/dl or less
Pre-Diabetes: 100-125 mg/dl
Diabetes: > 126 mg/dl fasting; > 200 mg/dl (PostPrandial)

Cardiovascular Risk in Pre-diabetes

Non-Diabetic

Diabetes