

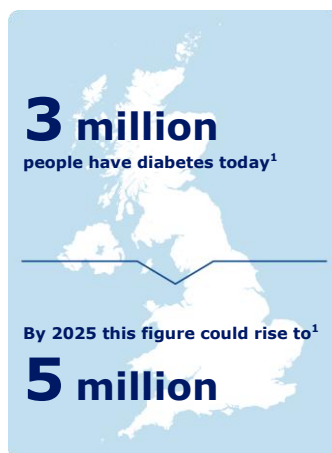
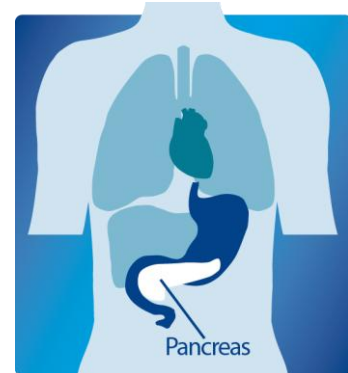
Diabetes in the UK

What is diabetes?

Diabetes is a condition where a person's blood sugar level becomes too high, which can lead to serious health problems. Type 2 diabetes is the most common form of diabetes, resulting in around 90% of diabetes cases in the UK.¹

Type 2 diabetes occurs when the body doesn't produce enough insulin or the body's cells don't react to insulin - often termed insulin resistance.² The pancreas still produces insulin but the body is unable to use it and over time the body's ability to produce insulin diminishes.

Type 1 diabetes is caused by the destruction of insulin-producing cells within the pancreas and tends to affect people below the age of 40.³



How common is diabetes?

In 2013 the estimated total number of people with diabetes worldwide was 382 million and this is expected to rise to 592 million people by 2035.⁴

In the UK, it is estimated that over 3 million people have diabetes, with approximately 500,000 of those being undiagnosed.¹

By 2025, it is estimated that five million people will have diabetes. Each year over 20,000 more people die than would have been expected because of diabetes.¹

Medications used for treating diabetes

The National Institute for Health and Care Excellence (NICE) recommends a treatment pathway for managing people with type 2 diabetes which begins with lifestyle interventions such as improved diet and exercise, followed by oral anti-diabetic treatments and moving to injectable treatments.⁵

Oral anti-diabetic treatments include agents that stimulate insulin secretion, reduce liver glucose production, delay digestion and absorption of intestinal carbohydrate or improve insulin action.⁶

Insulin treatment is recommended when earlier interventions have not succeeded.⁵

Type 2 diabetes is a progressive disease, so treatment will need to advance⁷ - and in order to properly manage the condition, it is important that patients receive the right treatment at the right time. NICE guidelines reiterate the importance of individualised and patient-centric care, with advice aligned to the individual needs of people with diabetes, allowing patients to make informed decisions about their treatment in partnership with their healthcare professionals.⁸



Simplified NICE guidelines for type 2 diabetes⁵

- 1 • Lifestyle
- 2 • 1 oral drug (metformin)
- 3 • 2 or 3 oral drugs
- 4 • Oral drugs + insulin or GLP-1 RA
- 5 • Insulin intensification

The burden of type 2 diabetes

2x

People who live with type 2 diabetes don't just have to manage physical symptoms - they are **twice as likely to suffer depression** compared to the general population⁹



More than half of people with type 2 diabetes will have signs of **cardiovascular disease** complications at diagnosis¹⁰

50%

Approximately half of older people with type 2 diabetes can suffer from **peripheral neuropathy** – a type of nerve damage which can involve numbness to the skin and loss of control of limb movement¹¹



Over **6000** diabetes-related **amputations** took place in the UK in 2009/10¹²



Every year over **1,280 people** in the UK become **blind** due to diabetes related complications⁹

22%

Over a fifth (22.0 per cent) of patients with diabetes in hospital will have experienced a hypoglycaemic episode in hospital within the past seven days¹³

The burden on society

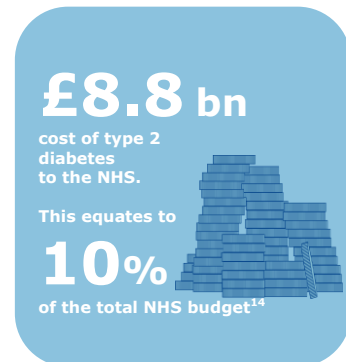
The greater cost to society lies in managing the preventable complications associated with diabetes rather than the cost of treating the condition directly. These complications include heart disease, foot ulcers, amputations and renal failure.

The most in-depth analysis available suggests that the cost of diabetes to the NHS is £9.8bn in direct costs in 2010/11, with £1bn for type 1 and £8.8bn for type 2.¹⁴ However, unlike many diseases, around 80 per cent is spent on treating the complications rather than the underlying condition.¹⁴

In the 2013/14 financial year, there were 45.1 million items prescribed for diabetes at a net ingredient cost of £803.1 million, a 6.1% increase on the previous year. During 2013/14:

- 6.5 million insulin items were prescribed, an increase of 37.1% from 2005/6
- 31.7 million antidiabetic drug items were prescribed, an increase of 96.6% from 2005/6
- Prescribing for diabetes accounted for 9.5% of the total cost of prescribing¹⁵

The total economic burden of diabetes in the UK is estimated at £23.7 billion a year and is predicted to rise to £39.8 billion by 2035/6. One in 10 people admitted to hospital has diabetes. Diabetes-related absenteeism, early retirement and social benefits, cost an estimated £15.4 billion.¹⁶



Some headline costs

- The direct healthcare costs relating to the management of type 2 diabetes are estimated to be over £8 billion¹⁴
- Severe hypoglycaemia costs an estimated £2,152 per hospital admission¹⁷
- Diabetes is estimated to consume 10% of the total NHS budget (~£10 billion/year in direct costs based on the NHS 2010/11 budget)¹

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