NUMBERS ARE NOT THE DISEASE

• It’s the result in terms of complications that is why we even consider diabetes a disease

DURATION OF DISEASE

• Metabolic memory
• Point of no return
• Different theories as to why complications develop
  • Glycosylation end products
  • Some adapt and avoid complications, others succumb
### Microvascular Complications
- Kidney
- Nerve
- Eye

### Other Complications
- Joints/Arthropathy
- Skin
- Other organ associations

### Association with Hemoglobin A1C
- Is A1C a diligence or personality measure?
- Diabetes and its measurements are a subset of diligence
- Is this why people with long duration disease from earlier times didn’t go on to get complications?
- Were they diligent without perfect (guidelines driven) A1C levels?

### Treatment
- Deadly complications makes us consider diabetes a serious disease
- Can number improvement alone lower the risk of complications?
- Does diligence have to be a part of the treatment plan?
MAKE A PLAN

- Form your own plan for control and how you want to live with this disease
- Design your own sense of diligence, regimentation, self care

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