

### NUMBERS ARE NOT THE DISEASE

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

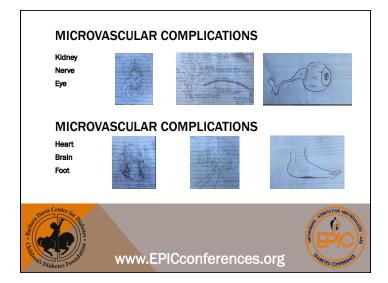




### DURATION OF DISEASE

- Metabolic memory
- Point of no return
- · Different theories as to why complications develop
- Glycosylation end products
- Some adapt and avoid complications, others succumb







# 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

- $\cdot$   $\,$  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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