



DIABETES CONFERENCE
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EMPOWERING PATIENTS FOR INDIVIDUALIZED CARE



DIABETIC COMPLICATIONS
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NUMBERS ARE NOT THE DISEASE

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



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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



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MICROVASCULAR COMPLICATIONS

Kidney
Nerve
Eye



MICROVASCULAR COMPLICATIONS

Heart
Brain
Foot

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OTHER COMPLICATIONS

- Joints/Arthropathy
- Skin
- Other organ associations





Rifkin and Ellenberg, Diabetes Mellitus




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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?

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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?




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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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