**WHAT IS DIABETES**

Diabetes is a **chronic disease** that occurs when the pancreas does not produce enough insulin and leads to a **metabolic disorder** where blood sugar levels (glucose) are higher than they should be.

**TYPES OF DIABETES**

- **Type 1**: Usually diagnosed in children, teenagers and young adults
- **Type 2**: Known as adult-onset diabetes, it is the most common form
- **Gestational**: Happens when insulin does not work properly during pregnancy

**DID YOU KNOW?**

Half of all people with diabetes don't know that they have it!

**RISK FACTORS**

- Unhealthy diet
- Sedentary way of life
- Overweight
- Lack of exercise
- Family history

**NUMBERS**

- **387 million people** are affected by diabetes
- **1 person in 12** has diabetes in the world
- The prevalence of the disease is **8.3%** worldwide
- **46.3%** of people with diabetes are not diagnosed
- **50/50** gender ratio: men and women are equally affected
- Most patients are between **40 & 59 years old**
- We expect an increase of **205 million** people with diabetes by 2035

**2014 Global data from the International Diabetes Federation (IDF)**

**SIGNS & SYMPTOMS**

- Excessive thirst
- Lack of energy
- Slow healing of wounds
- Increased appetite
- Weight loss
- Frequent urination

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COMPLICATIONS

- Eye damage
- Diabetic neuropathy
- Oral diseases
- Cardiovascular diseases
- Kidney damage
- Sexual dysfunction
- Peripheral vascular disease
- Diabetic foot

TECHNOLOGY SOLUTIONS

“A small investment makes a big difference”

- Retinography
- Ambulatory blood pressure monitoring (ABPM)
- Home blood pressure monitoring (HBPM)
- Arterial ultrasound scan
- Continuous subcutaneous insulin infusion (CSII)
- Continuous glucose monitoring (CGM)
- Telemedicine applied to diabetes care: computerised data management

COSTS OF DIABETES

- The global health spending for treating and managing diabetes-induced complications reached 600 billion Euros in 2014.

Addressing the risk factors of Type 2 diabetes that are avoidable would save 11% of global health spending.

Up to 70% of cases of Type 2 diabetes could be prevented or slowed down with a healthy lifestyle.

Source: International Diabetes Federation

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