



## **National Diabetes Month: A Time to Shed Light on a Growing Disease**

*November is National Diabetes Month, a time when individuals, healthcare professionals, organizations and communities unite in bringing attention to diabetes and its impact on millions of Americans.*

*This is the first in a series of blog posts about diabetes. Dr. Kris Vijay, a renowned cardiologist and medical director of Abrazo Arizona Heart Hospital's [Institute for Congestive Heart Failure](#), puts diabetes into context and reminds those struggling with the disorder that they are not alone.*

### ***What is diabetes?***

**Dr. Vijay:** Diabetes is a disorder in which the body does not correctly process sugar and carbohydrate as the source of energy. Those with diabetes have too much glucose (or sugar) in the blood, which can cause serious health complications, such as heart disease, stroke, blindness and kidney failure. Gum and tooth disease, along with lower-extremity amputations, also can result from diabetes.

### ***What are common types of diabetes?***

**Dr. Vijay:** There are four types of diabetes.

Type 1 diabetes is a chronic condition that can be detected at a very young age wherein the pancreas produces little or no insulin.

Type 2 diabetes affects individuals (historically adults, but more recently adolescents) when the body's insulin may be deficient and/or dysfunctional. This in turn leads to abnormal processing of glucose, whereby sugars build up in the blood. This is why many people refer to diabetes as "sugar disease."

Prediabetes (also called metabolic syndrome or insulin resistance) is a condition where the metabolism of carbohydrate is abnormal, but not sufficient enough to be called diabetes.

Gestational diabetes is a form of high blood sugar affecting pregnant women.

### ***How prevalent is diabetes?***

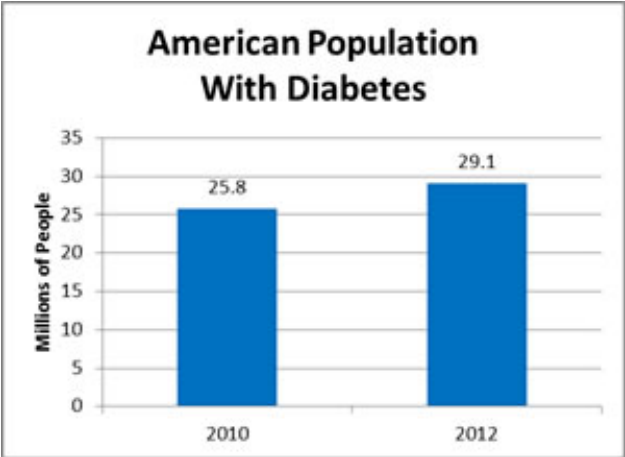
**Dr. Vijay:** Diabetes is a prevalent and growing disorder.

Worldwide, 371 million people live with diabetes and this number is expected to increase to an astounding 552 million by 2030.

In the United States, 29.1 million people – about 9.3 percent of the population – have diabetes, according to the Centers for Disease Control and Prevention. Of this total, nearly 28 percent (8.1 million people) go undiagnosed.

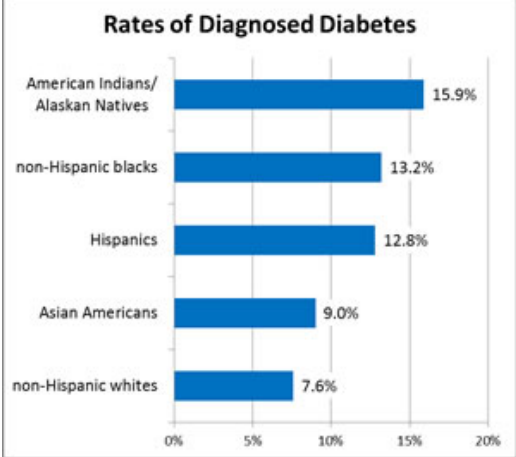
What is alarming is that in America, a new case of diabetes is diagnosed every 30 seconds, bringing the total individuals diagnosed with the disorder to more than 1.9 million each year. Even more troubling is the sharp rise in diabetes among youth: Diabetes now affects 208,000 people under the age of 20 and is second only to childhood obesity in health conditions among this population.

**The rise in Americans with diabetes**



Source: Centers for Disease Control

**The incidence of diabetes by ethnicity**



Dr. Kris Vijay is a renowned cardiologist and medical director of Abrazo Arizona Heart Hospital's [Institute for Congestive Heart Failure](#).

Disclaimer: Dr. Kris Vijay is an independent physician and not an employee, agent or representative of Abrazo Community Health Network's Abrazo Arizona Heart Hospital. He is solely responsible for the provision of medical services to patients.