

WORLD DIABETES DAY

World Diabetes Day is an annual event that takes place on 14 November and is organised by the International Diabetes Federation supported by the World Health Organization. The aim of **World Diabetes Day** is to raise public awareness of the causes, symptoms, treatment and complications associated with diabetes. The date of 14 November was selected as it is the birthday of Frederick Banting who first conceived the idea that led to the discovery of insulin in October 1921. The theme of this year's World Diabetes Day is diabetes and kidney disease and the slogan is '**Diabetes could cost you your kidneys: act now!**'

FACTS ABOUT DIABETES

- There are over 150 million people with diabetes worldwide. This figure is projected to rise to 330 million by 2025, largely due to population growth, ageing, urbanization and a more sedentary lifestyle.
- There are two basic forms of diabetes: Type 1 diabetes most frequently affects children and adolescents and accounts for approximately 5 to 10% of all diabetes. Type 2 is by far the most common form of diabetes and occurs primarily in adults, although it is now affecting children and young adults to a greater extent. It accounts for approximately 90 to 95% of all diabetes.
- At least 50% of all people with diabetes are unaware of their condition.
- Diabetes is a leading cause of death due to cardiovascular disease (heart attack and stroke for example) and the fourth main cause of death in most developed countries.
- Diabetes is the leading cause of blindness and visual impairment in adults. The incidence of blindness is 25 times higher in people with diabetes than in the general population.
- Diabetes is the leading cause of kidney failure. Approximately 20% of people with type 1 diabetes develop kidney failure.
- People with diabetes are 15 to 40 times more likely to require a lower-limb amputation compared to the general population.
- Stopping smoking can reduce the risk of diabetes progression by 30%.
- Research has shown that keeping blood sugar levels as close to normal as possible can prevent the onset of diabetes.

For further information you are recommended to read the booklet entitled "Diabetes" published by the Gasco HSE Division as part of the "Take Care of Your Heart" health awareness campaign.