

The Diabetes Crisis: A Physical Therapist's Perspective
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1. Why a "Crisis"? Facts are Facts
 - a. Almost 30 million children and adults have diabetes (9-10%), 28% undiagnosed
 - i. 1.25 million Type 1, so 90-95% have Type 2
 - b. 86 million pre-diabetic
 - c. 1.4 million new every year
 - d. Cost: \$245 billion (2012) total economic burden (\$322 billion if factor in undiagnosed, pre-diabetes, gestational); **1 in 10 health care dollars spent treating diabetes and complications, 1 in 5 spent caring**
 - e. Almost ½ million ER visits, Falls= 2.5 million ER visits and \$34 billion/yr
 - f. 2050- as many as 1 in 3 American adults will have diabetes per current trends
2. Diabetes-Type 1 and Type 2, focusing more on Type 2 today
3. What is a Physical Therapist?
 - a. Movement impairment specialists that treat the whole body
 - b. Non-invasive and non-pharmacological treatment for conditions
 - c. Diagnosis through continuum of care
4. Prevention- mostly Type 2
 - a. Obesity- 85% of Type 2 are overweight or obese
 - b. Lack of exercise- how and why?
 - c. Nutrition
 - d. Avoiding complications and other complicating conditions: Heart, stroke, kidney, neuropathy (60-75% of cases), amputations, vision/vestibular problems, reduced muscle strength/function
5. Management
 - a. Prescribe and supervise an individualized exercise plan
 - b. Manage exercise precautions
 - c. Treat complications
 - i. Peripheral Neuropathy- numbness/tingling, loss of sensation, decreased balance/coordination, muscular weakness, decreased function
 1. Moderate intensity exercise, balance/vestibular/coordination, nerve gliding, education, avoiding falls
6. What can I do today?
 - a. Light to moderate intensity exercise = walk, stationary bike, pool/aqua
 - i. **30 minutes of activity/day for 5 days/week lowers risk of developing type 2 diabetes by 58%**
 - b. Balance, strengthening, and mobility exercises- get on a good program that you can do at home or at a gym. Get help if needed. Body weight exercises.
 - c. Get a screening. Get help if needed. Take control.