

ASK YOUR DOCTOR

National Survey Shows New Treatment Options Are Needed For People With Type 2 Diabetes

(NAPSA)—It is no secret that diabetes is reaching epidemic proportions across the nation. According to the newest data from the Centers for Disease Control and Prevention, diabetes is the sixth leading cause of death in the U.S. and can lead to serious complications such as heart disease, kidney failure, blindness and lower limb amputations.

Despite the introduction of new treatments in recent years, many patients still struggle to manage their diabetes. Results from a recent International Diabetes Center (IDC) survey show that more than 50 percent of patients with type 2 diabetes describe their health as “poor” or “fair,” and more than 25 percent say their health has worsened over the past year. This finding emphasizes the importance of people with diabetes and their physicians effectively communicating to identify ways to improve patients’ overall health. While the survey shows people with diabetes and their physicians value regular discussions, there still appear to be several communication gaps that should be resolved.

Survey Cites Disconnect between Patients and Physicians

The IDC survey data reveal a frequent lack of communication between people with diabetes and their physicians, especially when



Talk to your doctor to identify ways to improve your diabetes control.

it comes to integrating diet and exercise into their lives. While 98 percent of patients surveyed recognized that diet and exercise are critical to managing their diabetes, a full 60 percent of them also said they would rather take a drug than change their lifestyle. The reality is that physicians are not having the effect they hope for in motivating their patients to make healthy choices, as nine out of ten of those surveyed said getting their patients with diabetes to commit to a regular diet and exercise plan is the biggest challenge they face in helping them manage their disease.

Finding the right type 2 diabetes therapy can also be difficult. Eighty-eight percent of patients and 92 percent of physicians surveyed felt there is a need for bet-

ter treatment options. In addition, both patients and physicians expressed frustration with the side effects of hypoglycemia and weight gain that can occur with the use of common type 2 diabetes therapies.

Dr. Richard Bergenstal, executive director at IDC, acknowledged that physicians and healthcare providers need to better understand why some people with diabetes are not successful in gaining control over the disease. “We conducted this survey to shed some light on why these patients are having difficulty managing their diabetes using currently available treatments. We hoped to get a better grasp on how we might solve this problem.”

Bridging the Gap

Identifying the communication gap between patients and their physicians is one aspect of gaining control over diabetes. According to Dr. Bergenstal, these survey results show the importance of clear communication between patients and their doctors, as part of an overall diabetes management plan. “Treating diabetes is a full-time commitment that requires a significant support system for the patient. Doctors, nurses, family members and friends all play crucial roles in helping patients manage the disease,” said Dr. Bergenstal.