

Diabetes and the Importance of HCPs

By Andrew Springer, DCh



We have all heard the news: diabetes, health complications related to diabetes and health-care costs related to diabetes are increasing exponentially. But what does that really mean? High obesity rates, sedentary lifestyles, unhealthy diets and the aging of the population have fuelled significant growth of type 2 diabetes as a health problem in Canada.

Sobering Stats

Statistics from Ontario's Ministry of Health and Long-Term Care and the Canadian Diabetes Association suggest that the number of people living with diabetes in Ontario alone should almost quadruple, from 546,000 in 2000 to 1.9 million by 2020. A diabetes patient costs Ontario's health-care system in excess of \$3000 annually—more than twice that of someone without diabetes, which can rise to over \$5000 if there are complications.

Some estimates put the direct and indirect cost related to lower limb amputation caused by diabetes at \$75,000. Diabetes complications account for 69% of limb amputations, 53% of kidney

dialysis and transplants, 39% of heart attacks and 35% of strokes.

The Role of HCPs

We as frontline care providers are best positioned to educate patients and prevent and treat the wounds that all too often lead to amputation. Many of you are aware that we can be the extra pair of eyes that catch things before they become problematic. Sometimes the

work is not as glamorous as healing a bad wound, but it is arguably more valuable and undoubtedly helps to reduce health-care and human costs.

Expand your knowledge, see what new products are out there and meet some of your colleagues from around the globe. We look forward to seeing you at Action 2014: Skin Health for Canada, October 30–November 2, 2014, at the Westin Harbour Castle Hotel in Toronto. 

Preview of a Sponsored Session on Diabetes

The sponsored sessions on Day 1 offer valuable insight to conference attendees on a range of topics. These sessions are financially supported by industry and usually involve nationally and internationally renowned experts. Here's a sample of what you can expect.

Offloading the Diabetic Foot: 30 Years' Research in 30 Minutes

Speaker: David Armstrong

The current literature consists of numerous works advocating the use of offloading in the diabetic patient to achieve both ulcer healing and post-operative pressure reduction. However, choosing the appropriate device for the appropriate occasion is often difficult. The gold standard of offloading remains the total contact cast. While there are many benefits with this device, there are equally as many disadvantages. Other devices have shown benefit, including the removable cast walker, instant total contact cast and, for preventative measures, depth inlay shoes. Faced with active ulcers or recent amputations, appropriate wound care, debridement and pressure reduction will continue to be the essential components of treatment. The lecture and the most up-to-date information on the subject can be found at diabeticfootonline.com or by following our twitter feed [@dgarmstrong](https://twitter.com/dgarmstrong).