

Diabetes: como chegamos até aqui?

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DISCLOSURES

Não tem conflitos de interesse

Algumas opiniões expressas têm o propósito de induzir reflexão e não traduzem qualquer posição de natureza política

Diabetes mellitus, the fastest growing global public health concern: Early detection should be focused

Health Sci. Rep. 2024;7:e2004.
<https://doi.org/10.1002/hsr2.2004>

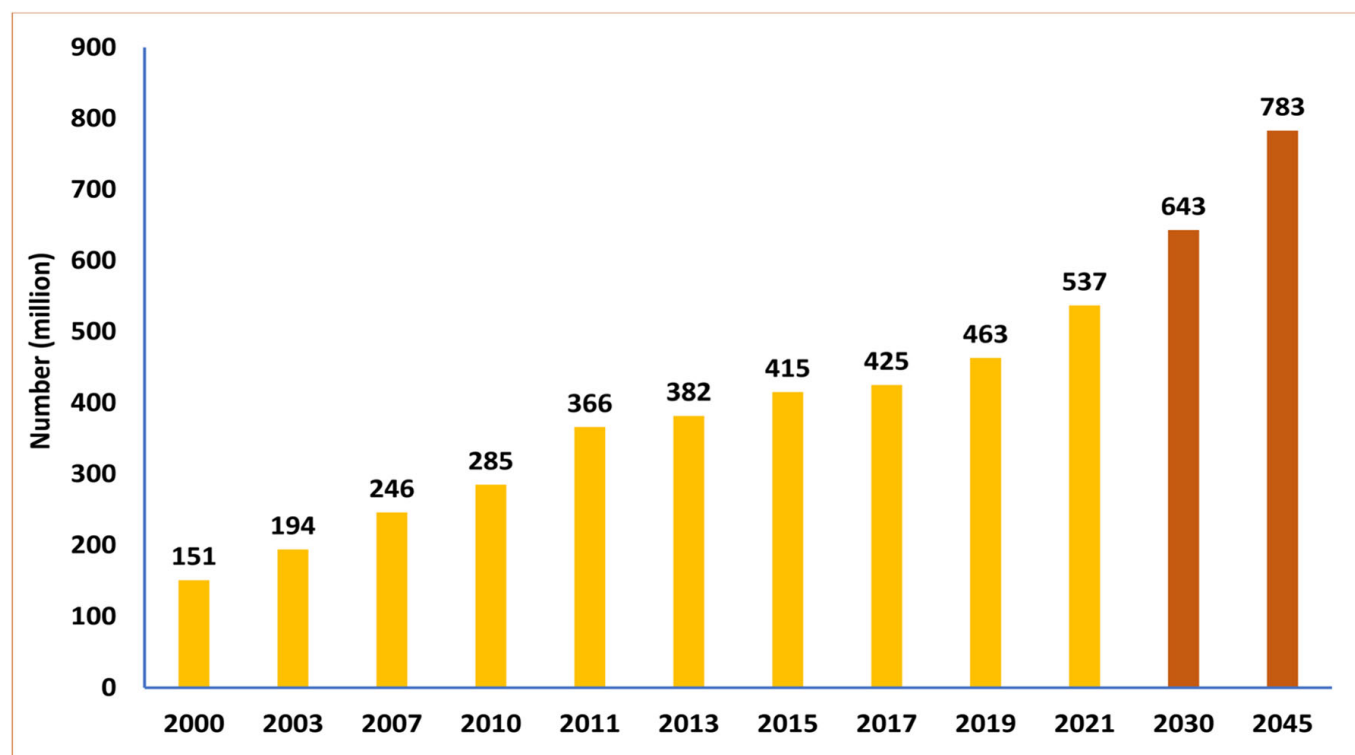


FIGURE 1 The number (millions) of people aged 20–79 years having diabetes worldwide (projected numbers in case of 2030 and 2045) [The data was retrieved from the 10th edition of IDF atlas; found from: <https://diabetesatlas.org>].

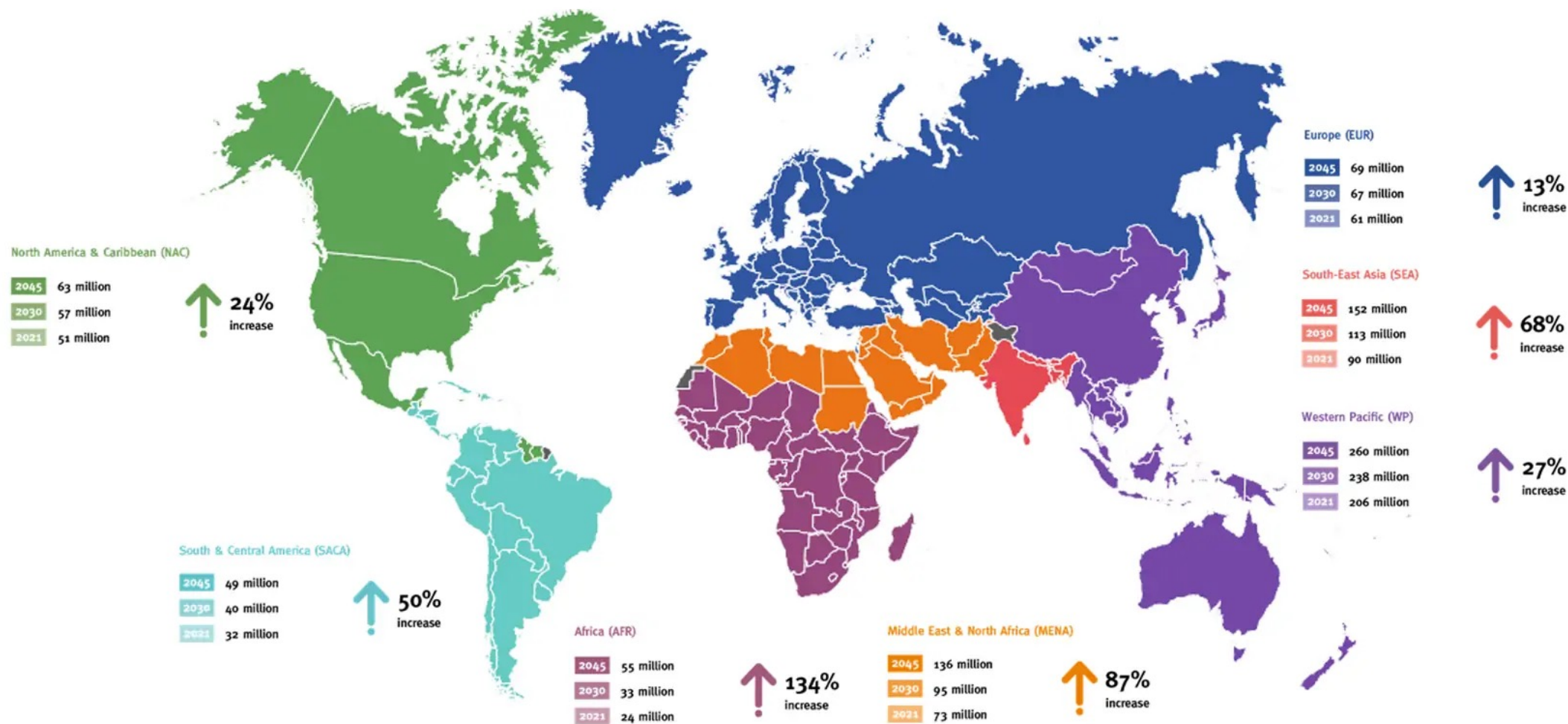
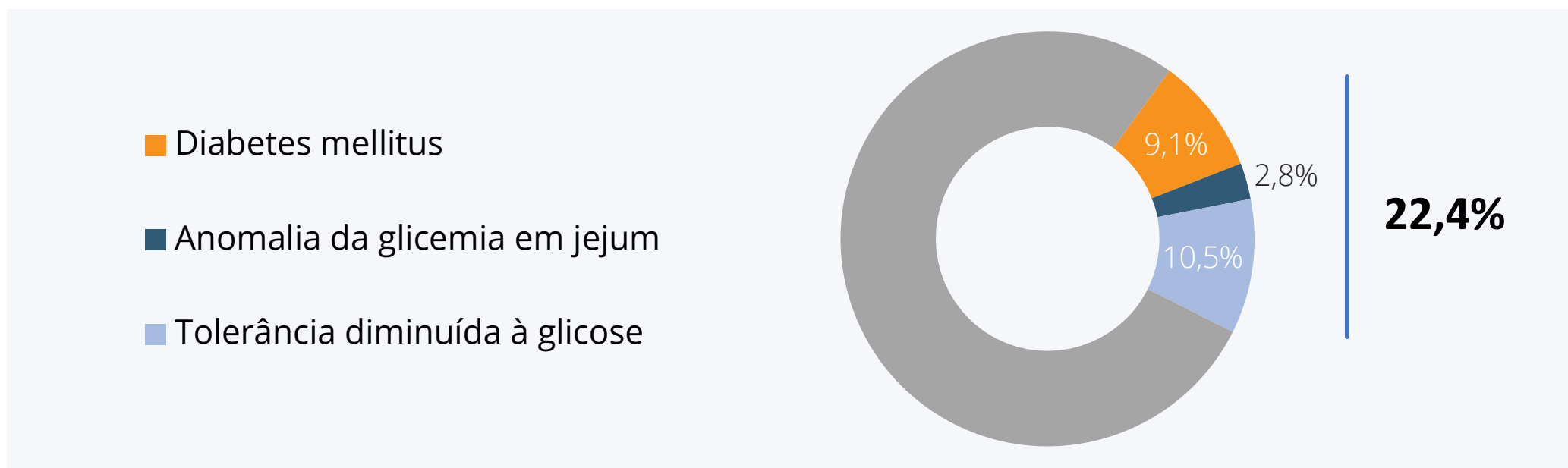


Figura 1. Prevalência estimada de Diabetes, anomalia da glicemia em jejum e tolerância diminuída à glicose, em Portugal | 2021



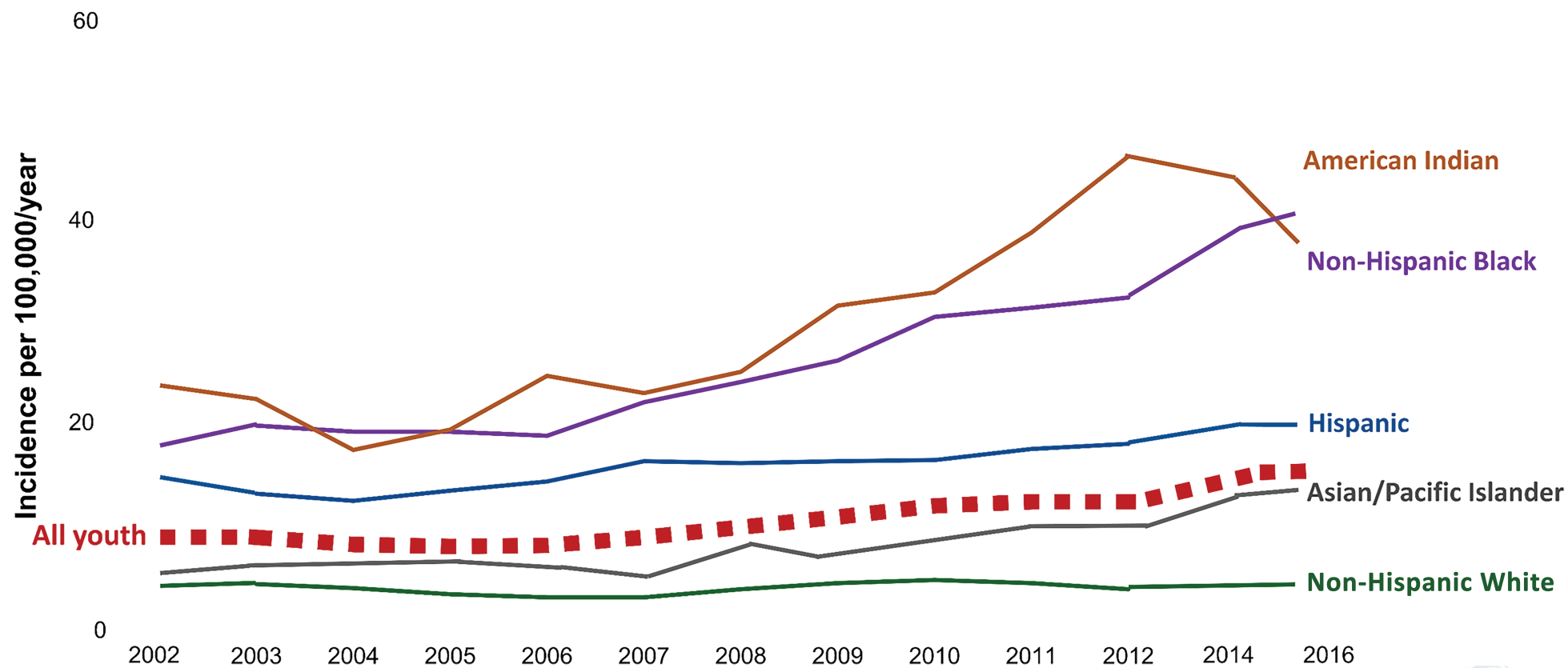
Fonte: IDF Diabetes Atlas 10th Ed (1).

Diabetes Care®

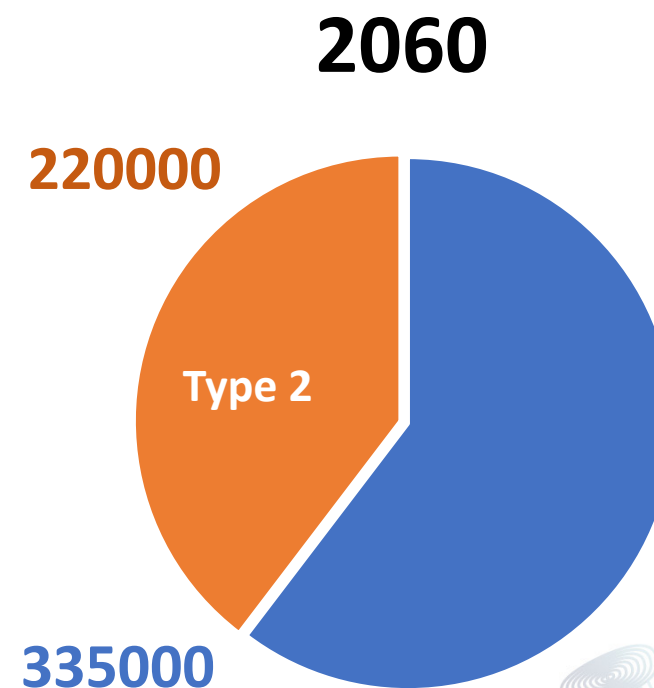
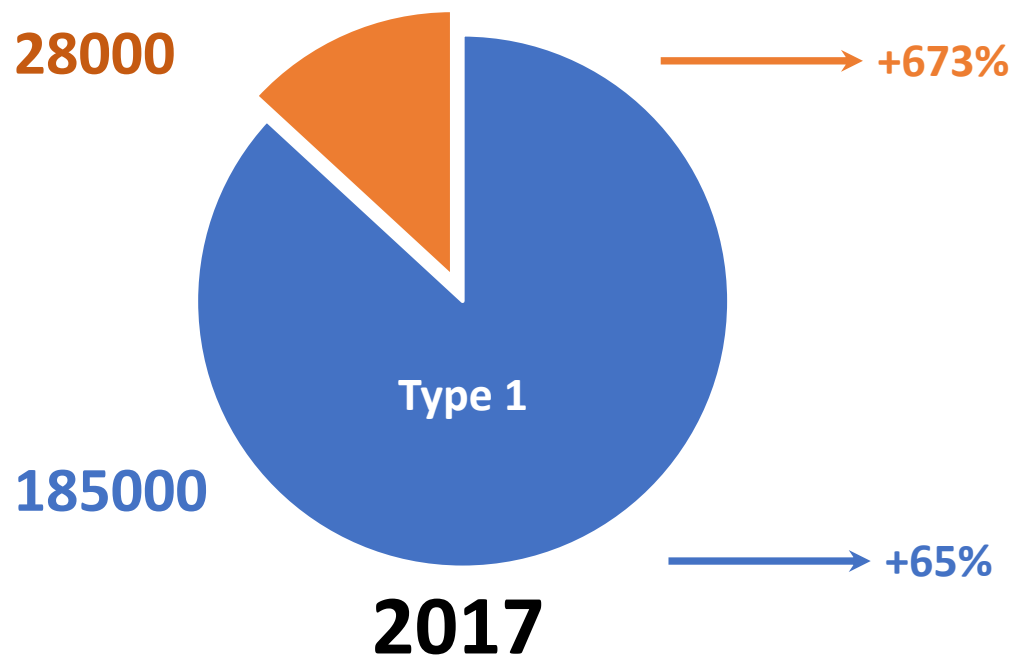


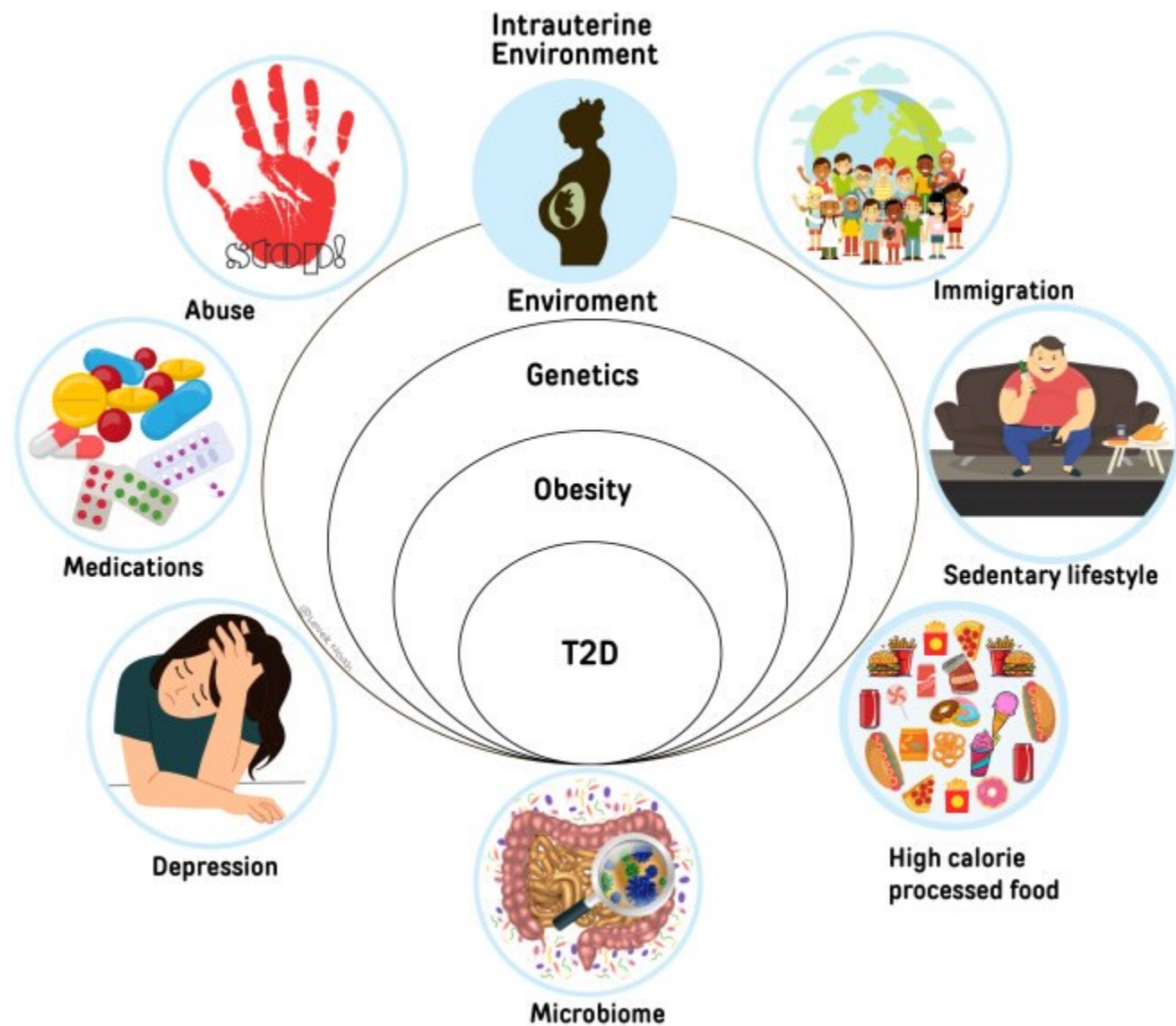
Youth-Onset Type 2 Diabetes: The Epidemiology of an Awakening Epidemic

Graphical abstract. Rising incidence of type 2 diabetes among multi-ethnic U.S. youth over the last two decades portends an awakening epidemic among children and adolescents worldwide



Projections of Type 1 and Type 2
Diabetes Burden in the U.S.
Population Aged <20 Years
Through 2060: The SEARCH for
Diabetes in Youth Study

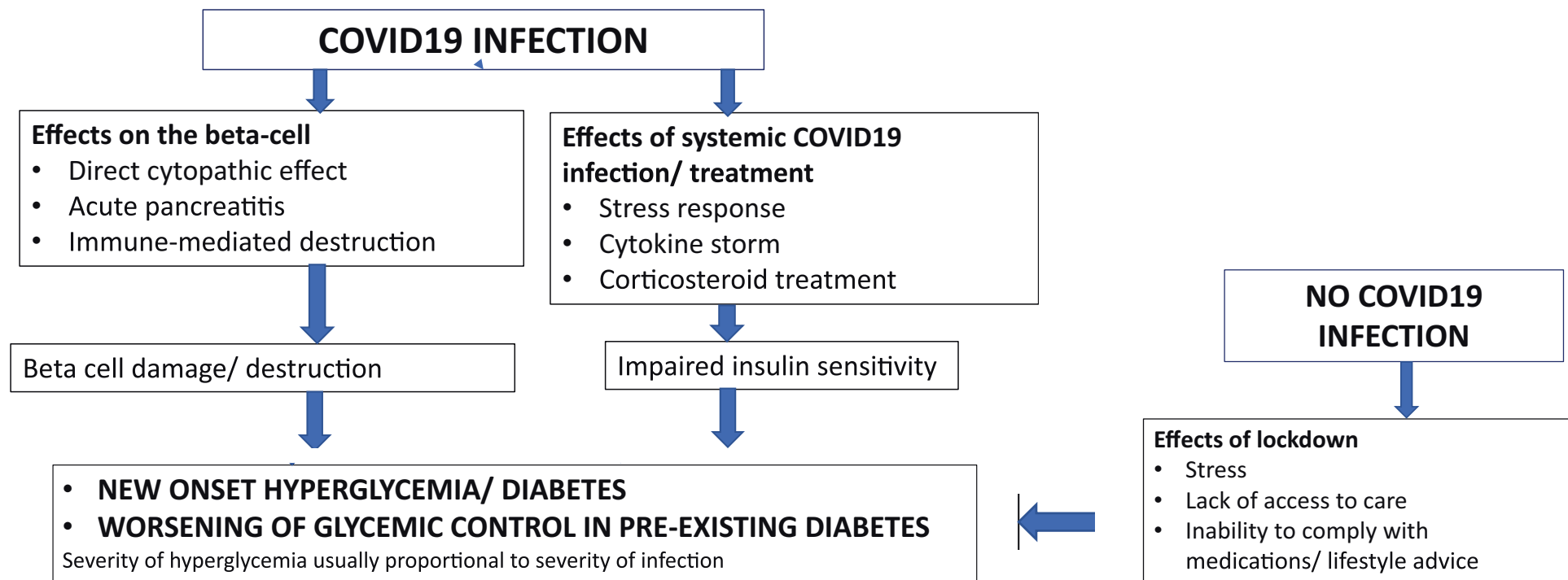






Diabetes and COVID19: a bidirectional relationship

New-Onset Diabetes in Covid-19



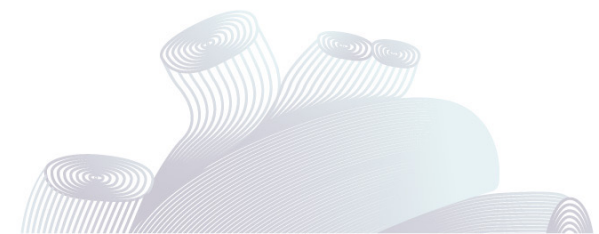
Diabetes tipo 2 no jovem - algumas particularidades

- 1 - O paradoxo da puberdade (evolução prédiabetes → Diabetes)
- 2 - Apresentação clínica semelhante à DM Tipo 1 em 2/3 dos casos
- 3 - Doença mais agressiva que a DM tipo 1 e DM tipo 2 mais tardia:

Complicações microvasculares e macrovasculares mais prevalentes e precoces

Maior mortalidade precoce

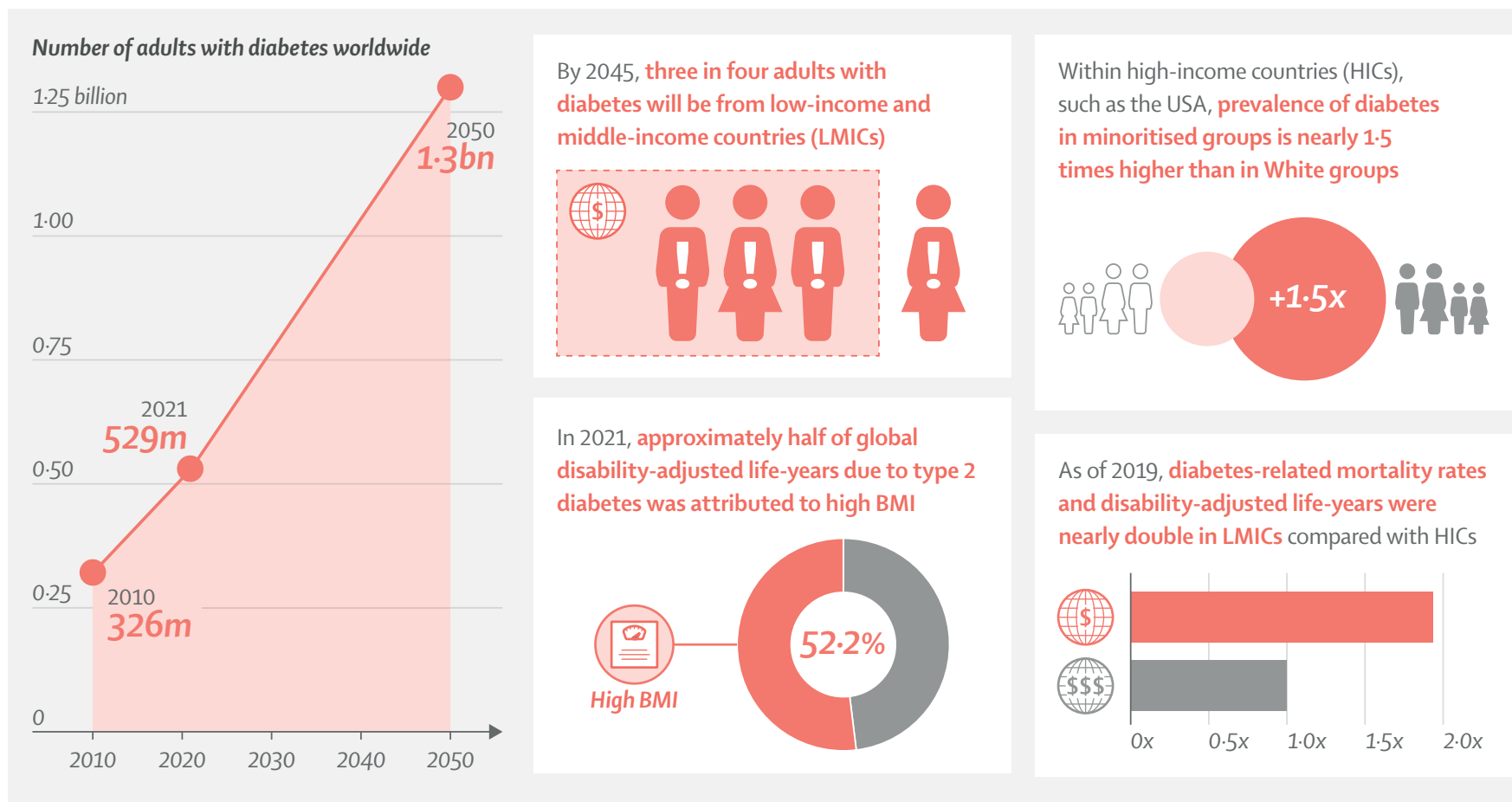
→ redução esperança de vida: 14 anos homens / 16 anos mulheres



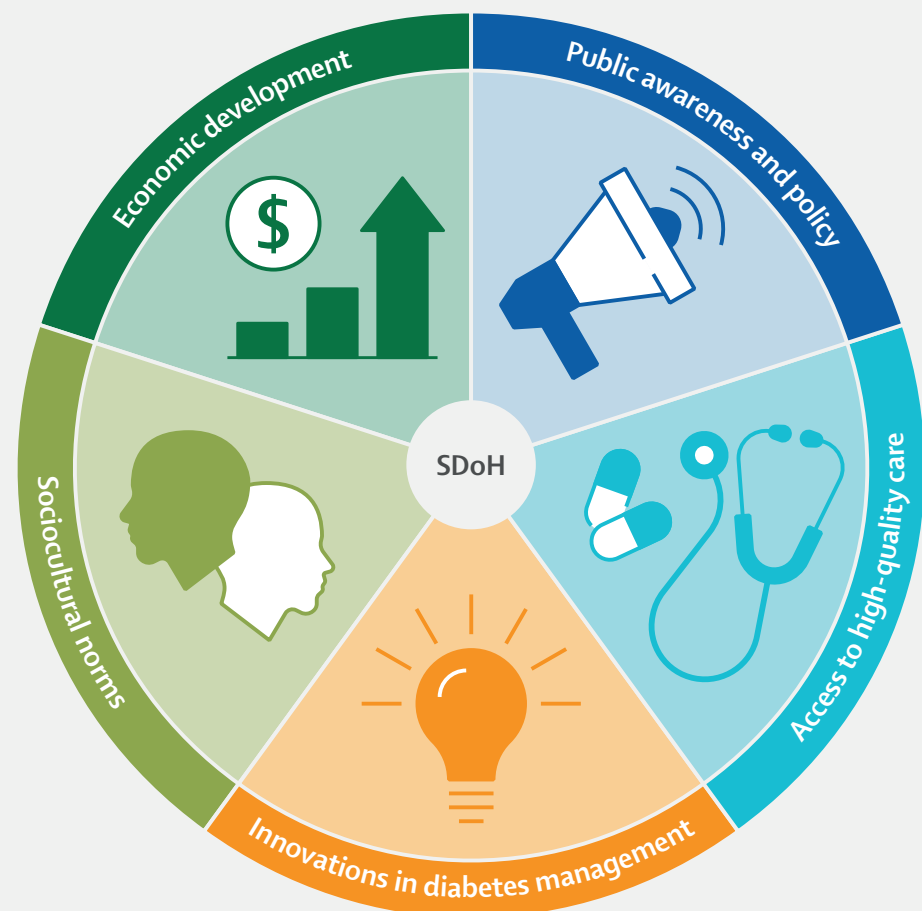
Diabetes: a defining disease of the 21st century

www.thelancet.com Vol 401 June 24, 2023

GLOBAL INEQUITY IN DIABETES



SOCIAL DETERMINANTS OF HEALTH (SDOH)



Potential impacts on diabetes outcomes

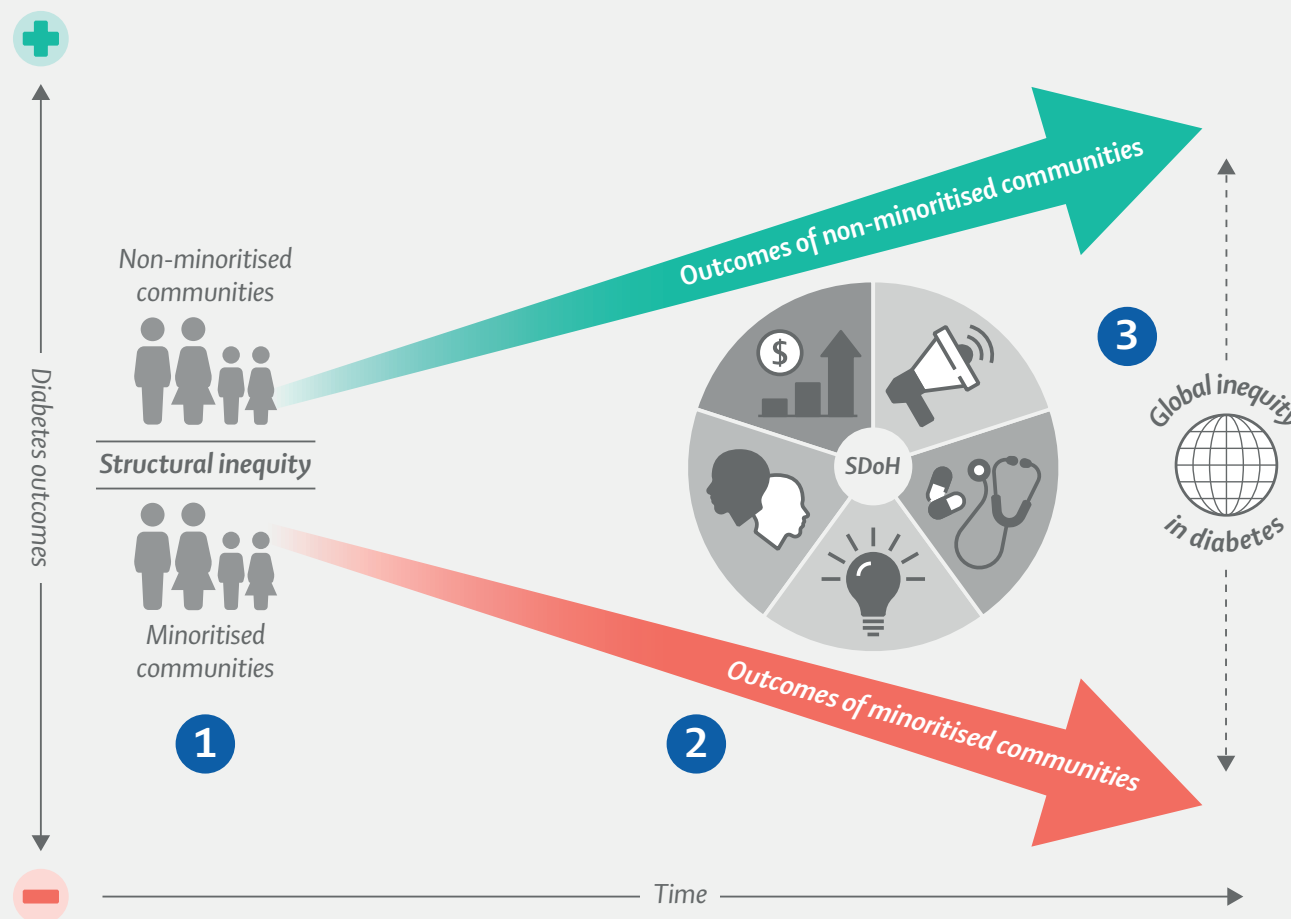
- » Rates of screening and identification of diabetes
- » Rates of hyperglycaemia and hypoglycaemia
- » Levels of obesity, pre-diabetes, and type 2 diabetes in youth and adults
- » Detection of type 1 diabetes, hyperglycaemia in pregnancy, and gestational diabetes
- » Rates of diabetes-related cardiovascular mortality and complications
- » Rates of diabetes-related mental health conditions and complications
- » Life expectancy
- » Quality of life
- » Levels of inequity in diabetes prevalence, treatment, comorbidity, and complications

IMPACT DIABETES OUTCOMES

O CICLO VICIOSO DA DESIGUALDADE.....

A cascade of inequity

- 1** Minoritised communities start at a more disadvantaged position and face more adverse diabetes outcomes than their non-minoritised counterparts due to structural inequity
- 2** The influence of structural inequity on SDoH drives an increasing divergence in diabetes outcomes
- 3** The compound effects of structural inequity and SDoH across multiple generations fuels a cascade of ever-widening global inequity in diabetes





The Guardian

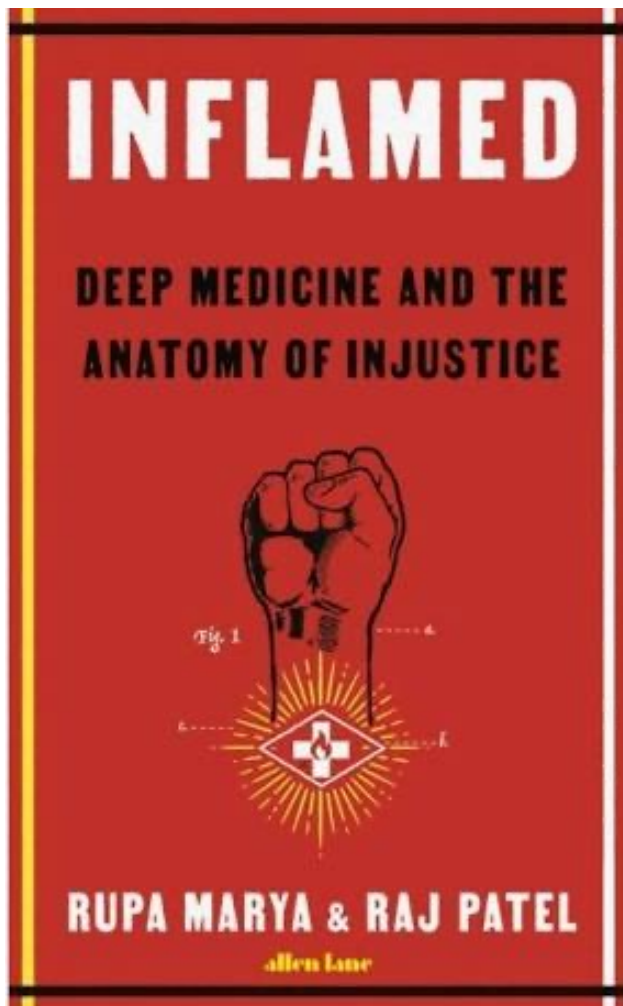
O exemplo da pandemia SARSCOV2

O vírus não discrimina mas

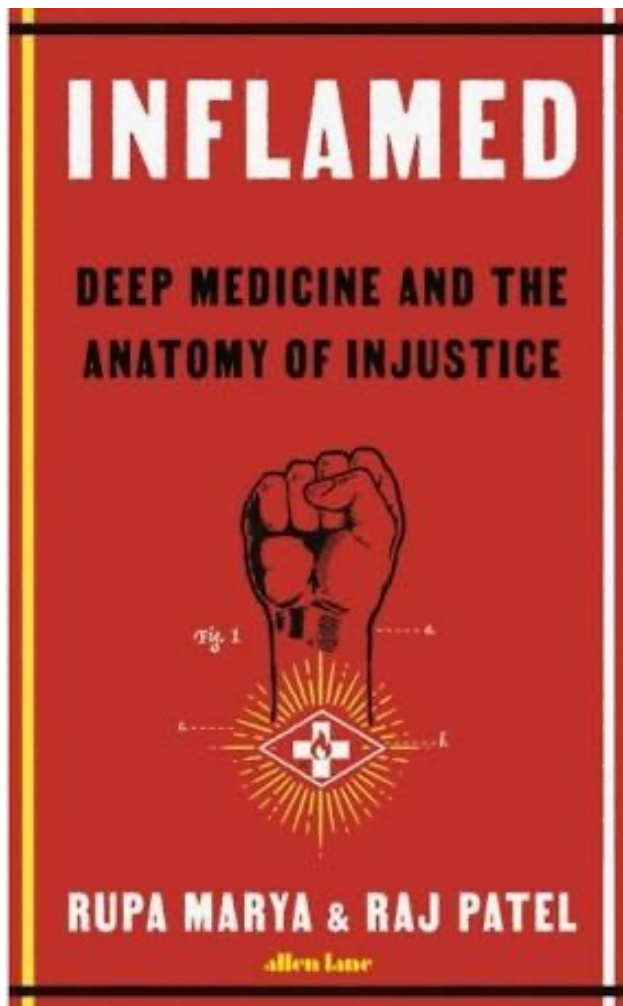


The Guardian

UK 2020: 97% dos profissionais de saúde que morreram de Covid 19 pertenciam a comunidades categorizadas como “black”, “asian” and “ethnic minorities”



“Most doctors and most humans have views that emphasize individual health that disconnects illness from it’s socio-economic and historical context”



“The solution to a sick and injuste society is not more “pills” but to re-imagine our lives to provide opportunities to tackle injustice and to prevent the major social drivers of disease”

Orçamento EU para a saúde 2018
2,8% adjudicado à prevenção

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**DIABETES:
UMA DOENÇA DA SOCIEDADE
REFLEXO DE UMA SOCIEDADE DOENTE.**

