

DIABETES AND CARDIOVASCULAR DISEASE: A FATAL COMBINATION

Diabetes patients up to six times more likely to die from heart condition; Holistic approach to Diabetes treatment lauded by ICLDC

People with Diabetes are at higher risk of heart disease



Abu Dhabi, May 2008 - Leading heart specialist, Dr Jenes Peder Bagger, Consultant Cardiologist, Imperial College London Diabetes Centre (ICLDC), has indicated that cardiovascular disease is the leading cause of death in people with Diabetes. He said that the risk of mortality is two to six times higher than in people without Diabetes.

“Heart disease is one of the most serious complications of Diabetes, accounting for the majority of Diabetes-related deaths. People living with type 1 and type 2 Diabetes are at least doubling their risk of cardiovascular disease,” he said.

“However, many people are unaware of the increased risks to the heart and as a consequence, like Diabetes, the symptoms of cardiovascular disease may go undetected and untreated for years.”

He said that research continues to look for the cause or causes of Diabetes and in particular the associated higher risks of heart diseases, alongside methods to effectively manage, prevent, and even cure patients.



Dr Bagger, an international expert of heart disease in Diabetes and other metabolic conditions, noted that it is the increased incidence of Diabetes that has led recent research to focus on the correlation between Diabetes and cardiovascular ailments to better manage the enhanced heart-related mortality risk. In the UAE, it is estimated that more than 19.5 per cent of the population is living with Diabetes.

Meanwhile, Dr Maha Taysir Barakat, Medical & Research Director at ICLDC also acknowledged the greater risk of early death to patients with both Diabetes and cardio-vascular deficiencies.

She said that the Diabetes management approach to treatment offered at ICLDC allows for the highest level of specialised patient care from first diagnosis to the management of all complications associated with Diabetes, including cardiovascular.

In the UAE, ICLDC is a leader in the provision of reliable data on Diabetes and its complications. The objective of Centre's holistic approach to treatment is to ensure that the lives of individuals living with Diabetes is improved by providing high-quality, compassionate and cost-effective service.

Dr Maha confirmed that the Centre is committed to being the one-stop centre for providing, treatment, research, education in UAE and will continue to drive the nationwide, award-winning community outreach programme to raise the awareness of this potentially debilitating disease.

For more details visit: www.icldc.ae; www.Diabetesuae.ae



Facts on Diabetes and Cardiovascular diseases (CVD)

- People with Diabetes are at risk of *early aging* of their large blood vessels. This can lead to heart attacks or heart failure (cardiovascular disease), strokes (cerebrovascular disease), or foot problems (peripheral vascular disease);
- Like Diabetes, symptoms of cardiovascular disease may go undetected for years;
- Two out of three people with Diabetes die from heart disease and stroke according to research by the American Diabetes Association;
- Mortality risk is *two to six times higher* than in people without Diabetes;
- Excess mortality is particularly *notable among women with Diabetes*;
- Globally, Diabetes, thus potential heart complications, is predicted to double over the coming decade.

(Ends)

Notes to the Editor

About Imperial College London Diabetes Centre

The Imperial College London Diabetes Centre is a state-of-the-art, one-stop facility for out-patients that specialises in Diabetes Treatment, Research, Training and Public Health. Located in Abu Dhabi (next to the Zayed Military Hospital), ICLDC allows the highest level of specialised patient care, from first diagnosis to the continued management of all complications associated with Diabetes.

Imperial College London holds a renowned history and expertise in the study of Diabetes, bringing one of the leading medical academic institutions in the world to Abu Dhabi as a core working partner. Under ICLDC practices, one of the Centre's primary objectives is to provide continuing education for health professionals and the general public. For more details visit: www.icldc.ae

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