

DIABETES in the CARIBBEAN 2018

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NCST/UWI/DAJ

THE ANGLOPHONE TERRITORIES



PREVALENCE(IDF)

- **12 – 15%.....20-79YRS**
- **15% OF ADULT DEATHS**

PEER SUPPORT

- **ASSOCIATIONS**
- **FACILITATORS**
- **DIABETES EDUCATORS**
- **WORKSHOPS/CONFERENCES**

MANAGEMENT

- **A**DVICE....LIFESTYLE
(EXERCISE,SLEEP & EAT)
- **R**x.....ORALS & INSULINS
- **M**ONITORING DEVICES

PROBLEMS (big)

- **FOOT**(9% amp; 4% ulcer; 4% infection.....DAJ)
- **DEPRESSION** (18% in gen popn, ~ 100% in DM)
- **EYES**(10% OF DIABETICS BEING SCREENED...MOH/UWI/DAJ;
- **HOSPITALISATION** (NDM**1**wk vs DM**3**wks)

PROBLEMS (big)

- **KIDNEYS (*1 IN 1000 diabetes deaths*)**
- **NERVES (*>85% AFTER 10+ YRS DURATION...UWI*)**
- **Ht & blood vessels....*>30% of hospitalised cases***

CHILDREN

- PREVALENCE(?)

- Obesity awareness
campaign(**diabetesity**)

RESEARCH 1

- **INTAKE**.....sugar, oils, alcohol, complex CHO

- **HORMONAL**

imbalance....glucogenic....glucagon, others

eg: GLP, STH, T4, adrenergic, steroids

vs insulin & related peptides

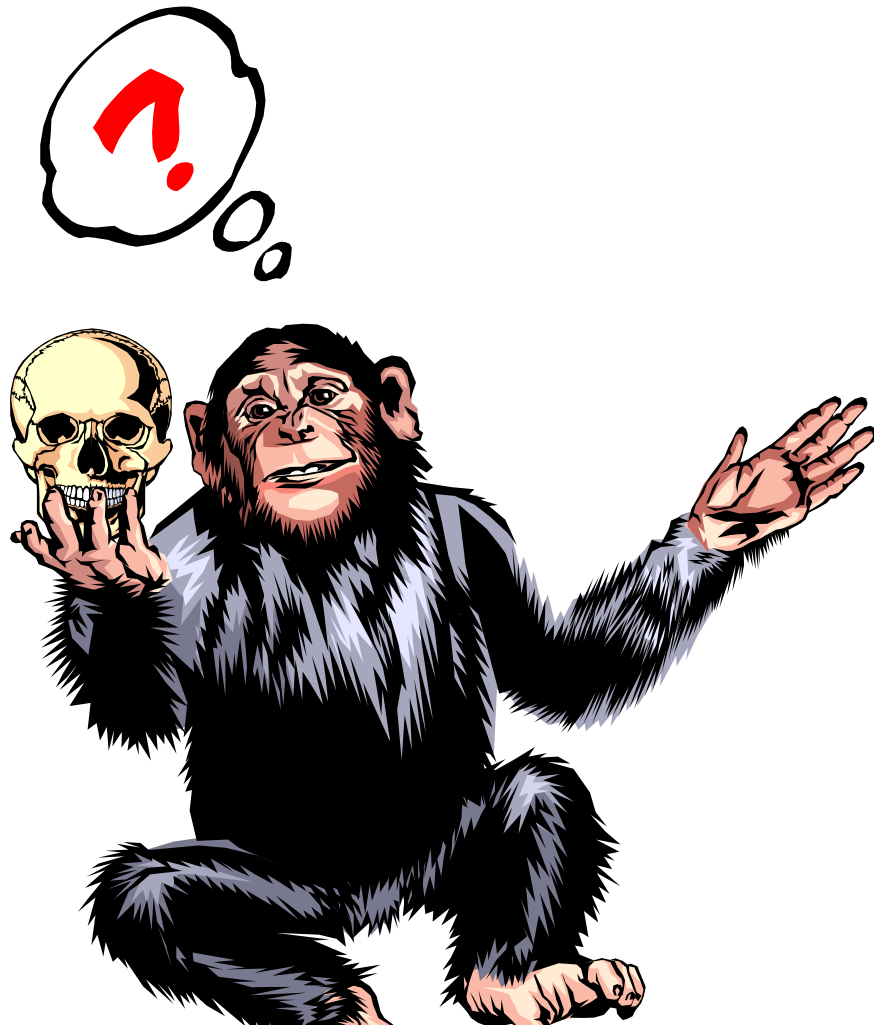
COSTS..... ~ 3% GDP

Research 2

- **LIFESTYLE**.....sedentary **vs** physical activity
- **FOODS**.....root crops, vegetables, meats, marine products
- **Environmental pollution**....land, sea, air
- **Phenotype & Genotype** stress (*poverty & urbanisation*), *Miscegenation*.

**THERE ARE SOME THINGS
WHICH **WE** IN THE CARIBBEAN
WILL **DO BEST** ...AND THERE ARE
SOME THINGS WHICH **ONLY WE**
IN THE CARIBBEAN WILL **WANT**
TO DO**

...SIR ARTHUR LEWIS, 1960s



*Herein lies the
epitome of WISDOM*

*May we like him
ponder upon these
thoughts!*

*and the work goes
on.....*

*.....**thanx much!***