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

• Advice.....Lifestyle
  (Exercise, Sleep & Eat)

• Rx...........Orals & Insulins

• Monitoring 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 (NDM1wk vs DM3wks)
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 (diabetes)
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!