

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>
<p><u>GAPS IN PREVENTIVE CARE</u></p> <ul style="list-style-type: none"> <li>• 30% of individuals with diabetes mellitus are unaware of their diagnosis.</li> <li>• 33% of individuals with hypertension are unaware of their diagnosis.</li> <li>• US professional guidelines are followed only about 55% of the time for preventive, short term and long term health care.</li> <li>• 45% of the population in the United States has a chronic medical condition and half of those (60 million individuals) have multiple chronic conditions.</li> </ul> <p>40% of the total mortality in the United States i.e. 900,000 deaths yearly could be related to preventable causes, example: smoking, poor diet, lack of physical activity and alcohol use.</p>	<p>Health care expenditures in the United States are expected to be about \$2.5 trillion in 2009. That is 17.6% of the nation's expenditures.</p> <p><i>Endocrine Daily Briefing – The Endocrine Society; Health Affairs 2/24/09</i>  <a href="http://content.healthaffairs.org/index.dtl">http://content.healthaffairs.org/index.dtl</a></p> <p>Prevention, early diagnosis and chronic disease management according to guidelines could reduce the economic impact of disease by 27% (1.1 trillion annually) by 2023. The number of individuals with chronic disease could be decreased by 40 million.</p> <p>There could be 50% decrease in deaths from cancer with early diagnosis and screening based on current guidelines.</p> <p>Adequate use of flu vaccination decreased lost productivity from work by 45%.</p> <p><i>Aetna In Depth</i>  <a href="http://www.aetna.com/producer/e.briefing/2008-04/indepth4_08.html#anchor1">http://www.aetna.com/producer/e.briefing/2008-04/indepth4_08.html#anchor1</a></p> <p><i>Donald Lloyd-Jones et al. Circulation, 2009; 119: e1-e161</i>  <a href="http://circ.ahajournals.org/cgi/content/short/119/3/480">http://circ.ahajournals.org/cgi/content/short/119/3/480</a></p> <p><i>J. Clark; Preventive Medicine a Cure for Health Care Crisis. Disease Management; Volume 9: Supplement 1</i>  <a href="http://www.liebertonline.com/doi/pdf/10.1089/dis.2006.9.s1-1">www.liebertonline.com/doi/pdf/10.1089/dis.2006.9.s1-1</a></p>	<ul style="list-style-type: none"> <li>• Maintain a healthy blood pressure to protect from future heart attacks, strokes, vision loss, and abnormal kidney function.</li> <li>• Achieve and maintain a healthy body weight through an ad lib low glycemic diet, to try and prevent complications from further weight gain i.e. increased risk for higher blood glucose levels, higher blood pressure, joint pains, strokes, heart attacks, kidney damage, and cancer.</li> <li>• Get recommended amounts of exercise to help reduce weight, blood pressure, LDL cholesterol, raise HDL cholesterol, increase insulin sensitivity, and lower the risk of coronary heart disease.</li> <li>• Get adequate sleep and work with your Doctor to investigate any unusual fatigue. That may increase your productivity.</li> <li>• Avoid tobacco smoke exposure to delay and prevent the development of heart and lung disease and various cancers.</li> <li>• Get routine recommended eye examinations to help prevent vision loss or impaired vision.</li> <li>• Get evaluation for skin diseases/ skin cancer depending on your medical condition and risk factors for early diagnosis and treatment to prevent advanced stages of skin disease stakes.</li> <li>• Get routine recommended screenings for cancer to allow treatment of cancers at early stages before they have spread to various parts of the body. (breast, colon, prostate, cervix, etc.)</li> <li>• Consider being tested for diabetes mellitus. Early</li> </ul>

		<p>diagnosis and treatment may prevent further loss of pancreatic islet function and complications.</p> <ul style="list-style-type: none"><li>• If you have diabetes mellitus, check your blood glucose levels regularly.</li><li>• If you have diabetes mellitus, maintain a healthy HbA1C, blood pressure and lipid levels, along with appropriate monitoring to prevent damage to your eyes, nerves, kidneys, strokes, and heart attacks.</li><li>• Have your kidney function tested, especially if you have risk factors such as diabetes mellitus, high blood pressure, etc. to prevent dependence on dialysis or kidney transplants.</li><li>• Get white blood cells, red blood cells, and platelet counts checked to prevent the undesirable effects of low or high blood counts.</li><li>• Maintain healthy blood lipid levels to prevent future heart attacks and strokes. (cholesterol, triglycerides, HDL, LDL)</li><li>• Get your thyroid status checked to avoid the unpleasant and harmful effects of low or high thyroid function.</li><li>• Maintain adequate Calcium/ Vitamin D levels and have your bone strength tested at recommended intervals to prevent or delay broken bones due to osteoporosis.</li><li>• Have your urine tested for signs of infection, blood, or kidney stones if you have symptoms or risk factors. That could prevent spread of infection to the blood and future kidney damage.</li><li>• Take steps to prevent cardiovascular disease, which may include Omega-3 supplements or baby aspirin. Also maintain healthy blood glucose, blood lipid, and blood</li></ul>
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