

INTRODUCTION

Following the St Vincent declaration (1989) and the SIGN Guidelines for the care of diabetic patients in Scotland, the Lothian Diabetes Services Advisory Group believe that the health care of people with diabetes should include:

- yearly checks of eyes and vision, kidney function, feet and general well-being
- assessment of risk factors for heart disease such as blood pressure, cholesterol and smoking habits
- assistance with self monitoring and injection techniques
- eating and lifestyle advice.
- regular review of progress and treatment
- continuing education

EPIDEMIOLOGY

From the Lothian Diabetes Survey (2004) , we know that in Lothian at least 3.1% of the population or approximately 24,000 people have diabetes. Of these, 85% have type 2 diabetes and 15% have Type 1 diabetes.

Patients with diabetes display:

- a 2-4 fold risk of developing heart disease
- a 17 fold increase in risk of renal failure
- a 25 fold increase in the risk of blindness
- a 14 fold increase in risk of amputation
- a reduced life expectancy of between 8 and 10 years in those who develop type 2 diabetes between the ages of 40-50