

I am honored to accept the invitation from the International Diabetes Federation European Region (IDF Europe) to support and become a member of the IMPACT diabetes initiative.

WHO has chosen diabetes this year to call for Global action and awareness on this global epidemic and, looking at the numbers, we understand why.

Diabetes is on the rise (currently, 13% prevalence among the Portuguese population!), the costs associated with the disease follow that trend and the evidence supporting the positive impact that prevention policies could have are overwhelming. Additionally, it has been demonstrated that social inequities are a major driver of the disease.

It is also of great importance to continue to improve the quality of care in diabetes. We know that the better we treat our patients, the more we prevent complications and the more sustainable we make our health systems. The investment in prevention and timely treatment is tremendously lower than the consequential costs of treating complications. In Europe, when analyzing diabetes-related expenditure, only 8% is spent on standard diabetes treatment while 60% of hospital costs are linked to treating complications, such as amputations, hyperglycemia, among others.

Count me in to continue to work hard and to advocate for the best evidence-based policies on prevention, care and treatment of diabetic patients in Portugal and in Europe!