

Type 2 Diabetes

Early detection of type 2 diabetes

Undiagnosed type 2 diabetes

There may be up to 500,000 Australians with silent, undiagnosed type 2 diabetes.

Complications

There are more than 4,400 amputations every year in Australia as a result of diabetes.¹

60 per cent of Australians with type 2 diabetes will experience some form of diabetes related eye disease within 20 years of developing diabetes.²

Diabetes is the leading cause of end-stage kidney disease.³

Around 65 per cent of all cardiovascular disease-related deaths in Australia occur in people with diabetes or pre-diabetes.⁴

Complications start before diagnosis

By the time people with diabetes receive a diagnosis, as many as half have already developed one or more diabetes-related complications.^{5,6,7}

Between 1 in 10 and 1 in 5 people show signs of diabetic retinopathy, which leads to blindness, at the time of a clinical type 2 diabetes diagnosis.⁸

The onset of diabetes related retinopathy occurs approximately 4 – 7 years before diagnosis.⁹

¹ Australian Commission on Safety and Quality in Health Care, (2016). *Australian Atlas of Healthcare Variation*. [online] Australian Government. Available at: <http://www.safetyandquality.gov.au/atlas/> [Accessed 29 Jun. 2016].

² Out of Sight: A Report into Diabetic Eye Disease in Australia

³ Shaw, J., Tanamas, S., eds. (2012). *Diabetes: the silent pandemic and its impact on Australia*. Melbourne: Baker IDI Heart and Diabetes Institute.

⁴ Shaw, J., Tanamas, S., eds. (2012). *Diabetes: the silent pandemic and its impact on Australia*. Melbourne: Baker IDI Heart and Diabetes Institute.

⁵ Astra Zeneca. A Call To Action For Early Diagnosis In Diabetes.: 2015. Print.

⁶ Spijkerman, A., Dekker, J., Nijpels, G., Adriaanse, M., Kostense, P., Ruwaard, D., Stehouwer, C., Bouter, L. and Heine, R. (2003). Microvascular Complications at Time of Diagnosis of Type 2 Diabetes Are Similar Among Diabetic Patients Detected by Targeted Screening and Patients Newly Diagnosed in General Practice: The Hoorn Screening Study. *Diabetes Care*, 26(9), pp.2604-2608.

⁷ Harris, M. and Eastman, R. (2000). Early detection of undiagnosed diabetes mellitus: a US perspective. *Diabetes/Metabolism Research and Reviews*, 16(4), pp.230-236

⁸ Harris, M., Klein, R., Welborn, T. and Knudman, M. (1992). Onset of NIDDM occurs at Least 4-7 yr Before Clinical Diagnosis. *Diabetes Care*, 15(7), pp.815-819.

⁹ Harris, M., Klein, R., Welborn, T. and Knudman, M. (1992). Onset of NIDDM occurs at Least 4-7 yr Before Clinical Diagnosis. *Diabetes Care*, 15(7), pp.815-819.

Up to 48 per cent of people had impaired foot sensitivity at the time of diabetes diagnosis. Impaired foot sensitivity is an early indicator of the potential for serious foot conditions that can lead to amputations.¹⁰

Between 17.2 per cent and 26.7 per cent had microalbuminuria at the time of diagnosis. This leads to kidney disease.¹¹

Another study found that 24.6 per cent of adults aged 40 years and over with undiagnosed diabetes had signs of nephropathy (a precursor to kidney disease) and 21.5 per cent had signs of peripheral neuropathy (a precursor to limb amputation).¹²

Type 2 diabetes risk assessment and checks

Everyone over the aged of 40 should be screened for diabetes every three years.¹³

People at high risk should be screened with a fasting blood glucose test every three years. People who are at high risk include people with an AUSDRISK score over 12, people who have had a cardiovascular event, women who have been previously diagnosed with gestational diabetes, women with polycystic ovary syndrome and people who are using certain kinds of antipsychotic medication.¹⁴

Aboriginal and Torres Strait Islander people should begin having risk assessments from the age of 18.¹⁵

¹⁰ Spijkerman, A., Dekker, J., Nijpels, G., Adriaanse, M., Kostense, P., Ruwaard, D., Stehouwer, C., Bouter, L. and Heine, R. (2003). Microvascular Complications at Time of Diagnosis of Type 2 Diabetes Are Similar Among Diabetic Patients Detected by Targeted Screening and Patients Newly Diagnosed in General Practice: The Hoorn Screening Study. *Diabetes Care*, 26(9), pp.2604-2608.

¹¹ Spijkerman, A., Dekker, J., Nijpels, G., Adriaanse, M., Kostense, P., Ruwaard, D., Stehouwer, C., Bouter, L. and Heine, R. (2003). Microvascular Complications at Time of Diagnosis of Type 2 Diabetes Are Similar Among Diabetic Patients Detected by Targeted Screening and Patients Newly Diagnosed in General Practice: The Hoorn Screening Study. *Diabetes Care*, 26(9), pp.2604-2608.

¹² Koopman, R. (2006). Evidence of Nephropathy and Peripheral Neuropathy in US Adults With Undiagnosed Diabetes. *The Annals of Family Medicine*, 4(5), pp.427-432.

¹³ The Royal Australian College of General Practitioners. *General practice management of type 2 diabetes: 2016–18*. East Melbourne, Vic: RACGP, 2016.

¹⁴ The Royal Australian College of General Practitioners. *General practice management of type 2 diabetes: 2016–18*. East Melbourne, Vic: RACGP, 2016.

¹⁵ The Royal Australian College of General Practitioners. *General practice management of type 2 diabetes: 2016–18*. East Melbourne, Vic: RACGP, 2016.