

Mayo Clinic Medical Edge

Cost of Diabetes

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	TAKE THE SIX LARGEST CITIES IN THE UNITED STATES—NEW YORK CITY, CHICAGO, LOS ANGELES, HOUSTON, PHILADELPHIA AND PHOENIX—THAT'S ABOUT 20 MILLION PEOPLE. ABOUT THE SAME AS THE NUMBER OF AMERICANS WHO HAVE DIABETES. IT'S ONLY ABOUT 7-PERCENT OF THE POPULATION... BUT DIABETES ACCOUNTS FOR AN ESTIMATED 15 TO 30 PERCENT OF HEALTH CARE SPENDING.
Steven Smith, M.D. Track 3 (3:01)	"LET ALONE THE HUMAN SUFFERING THAT GOES ALONG

	WITH THE COMPLICATIONS RELATED TO DIABETES.”
	COMPLICATIONS SUCH AS HEART DISEASE, KIDNEY DAMAGE, NERVE DAMAGE AND BLINDNESS. COMPLICATIONS THAT MAYO CLINIC DR. STEVEN SMITH SAYS WE COULD LARGELY AVOID WITH THE RIGHT FOCUS.
Dr. Smith Track 3 (3:15)	“WE REALLY NEED TO PUSH THE PREVENTIVE ASPECTS OF THINGS.”
	EATING RIGHT, STAYING ACTIVE, LOSING THOSE EXTRA POUNDS AND NOT SMOKING CAN GO A LONG WAY TO DELAYING OR PREVENTING THE ONSET OF DIABETES AND ITS COMPLICATIONS.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
