Facts

- Diabetes is an epidemic worldwide, growing in parallel to obesity
- 1 out of 10 American adults have diabetes. By 2034, the incidence is expected to triple.
- More than one million Ohioans have diabetes, and 33,000 of them live in Toledo.
- The Centers for Disease Control and Prevention recently reported a more than 10.1% incidence of diabetes among adults in Lucas County.
- Ohio is among the leading states with high incidence of obesity and diabetes in children.
- 11,000 Ohioans die of diabetes and its complications every year, twice as high as the national average.
- The rate of death from diabetes in Ohio is four times for African Americans, Hispanic and Native American women.
- Diabetes care costs Lucas County more than $35 million in Medicaid expenditures
- The cost to employers is even higher when lost productivity is counted.
The Center for Diabetes and Endocrine Research (CeDER) was established to build a strong research base fostering cross-disciplinary collaborations to unravel the basis of diabetes, with an overarching goal to develop new preventive and therapeutic strategies against this devastating disease.

The Research Base:
CeDER fosters research on both type 1 and type 2 diabetes, and their related metabolic and cardiovascular diseases.

**Type 1**: Largely an autoimmune disease. Research focuses on its immunological basis and organ transplantation.

**Type 2**: A complex disease of strong genetic linkage. Research focuses on the genetic, biochemical and lifestyle factors leading to diabetes and its complications.

One of the major causes of the increased incidence of type 2 diabetes is the spread of obesity among genetically predisposed individuals. The diagram below lists some of the diseases related to the obesity/type 2 diabetes twin epidemic. Fatty liver disease is projected to become the new epidemic.

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### Diabetes Research

The clinical faculty of the University of Toledo Division of Endocrinology provide expert outpatient care for individuals with a large number of endocrinological & metabolic conditions that include: diabetes mellitus, obesity (hyperlipidemia), osteoporosis, pituitary diseases, thyroid diseases and adrenal diseases.

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### Diabetes Care

**Outpatient Endocrinology Clinic**

**Medical Director**
Raymond E. Bourey, MD, FACP, FACE, FAASM

**Health Care Providers**
Barbara Bailey, MSN, CDE, NP-C
Danyell Johnson, RN, MSN, NP-C
Deloris (Mitch) Lakia, MSN, CDE, CNP

Ruppert Health Center
3000 Arlington Ave
Toledo, OH 43614

Appointments are by physician or self-referral.
Phone: 419-383-6612; Fax: 419-383-3336

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### Diabetes Education

The University of Toledo Center for Diabetes Self-Management, Education and Training program was created to meet the need for education and treatment of large numbers of diabetics and guide them to a healthy lifestyle.

**Goals:**

* To treat each individual with kindness and compassion; to listen and consider each person's needs.
* To create a positive impact on lives of individuals through implementation of patient-focused services.
* To empower individuals and their families to take control of their healthcare through interactive education classes and self-management coaching.
* To provide an encouraging environment that values and promotes diversity, in which individuals can find answers regarding their healthcare and treatment goals.
* To become a center of excellence for diabetes education, providing education and services that meets local and regional needs.

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### Diabetes Support Group

Free for all adults living with diabetes mellitus
Facilitated by: Lynn Godfrey, RN, CDE
For information about dates, time and location, please call 419-383-4395