HOW DIABETES AFFECTS OLDER ADULTS

1 out of 4 people over the age of 65 has diabetes.1

Older adults with diabetes:

- Are 2 times more likely to develop dementia than older adults without diabetes2
- 1 in 5 have vision problems2

Complications from diabetes:

- Adults with diabetes are nearly 2 times more likely to die from heart disease or stroke than adults without diabetes.1
- Diabetes is the leading cause of nontraumatic lower limb amputations in the United States.1
- 1 in 5 people with diabetes has kidney disease and it’s most common in older adults over 70.1

People with diabetes over 75 years are 2 times more likely to visit the emergency room for low blood sugar than the general population with diabetes.2

Losing weight by being active for 30 minutes a day, 5 days a week and eating less fat and fewer calories prevented or delayed type 2 diabetes most effectively in adults over the age of 60 at high risk for type 2 diabetes.4

If you have Medicare, check to see how your plan covers screening, exams, supplies, and care related to diabetes.

To learn more about diabetes in older adults, visit www.YourDiabetesInfo.org/OlderAdults