

## ДИАБЕТЪТ В НАЧАЛОТО НА 21 ВЕК

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## DIABETES AT THE BEGINNING OF THE 21 CENTURY

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### Abstract

**Introduction:** Diabetes mellitus /DM/ is one of the socially significant diseases that is becoming a global epidemic. The disease is associated with increased morbidity and mortality, which directly affects the huge expenditures that health systems spend on treating the disease and its complications. The purpose of this study is to track the dynamics of its morbidity and the burden on healthcare systems around the world.

**Materials and Methods:** We have conducted a data analysis on Global Burden of Diseases, 2015 and Global Report on Diabetes WHO, 2016.

**Results:** The prevalence of DM increased from 4.7% of the adult population in 1980 to 8.5% in 2014. DM is one of the thirty leading causes of lost life years assessed by years of life lost (YLLs) and disability-adjusted life year (DALY)/YLLs, moving from 27<sup>th</sup> place in 1990 to 15<sup>th</sup> in 2015, DALY - from 27<sup>th</sup> position in 1990 to 11<sup>th</sup> in 2015. According to WHO estimates, direct costs for DM are more than US\$ 827 billion, and between 2003 and 2013 the costs had tripled.

**Conclusion:** The trend of morbidity and mortality of DM, the increasing burden on society, require the implementation of active preventive measures, timely and adequate treatment, as well as public control over the cost of its therapy.

**Keywords:** *diabetes mellitus, expenditures, epidemiology*

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