Diabetes on the Road
There are only two choices

Tom Milam
President
TrueLifeCare
Who gets diabetes?
I HATE DIABETES
Impact on professional drivers

The Population:
- 1.9+ million tractors registered in U.S.
- 1.75 million tractor-trailer drivers (BLS)

2016 Combination Truck Stats (NTSB):
- 209,000 PDO crashes
- 59,000 injury crashes
Probable impact from diabetes

The Population:

- 15%+ of drivers with diagnosed diabetes
- Likely 20% with diabetes (CDC)
- 350,000 tractor drivers with diabetes

What the diabetes can do:

- 65%~ greater risk for workplace accident*
- 30%~ of combination truck accidents

* Ramsey S, Summers KH, et al, Productivity and Medical Costs of Diabetes in a Large Employer Organization, Diabetes Care, Volume 25, Number 1
Why it’s unfair on professional drivers

Diabetes:

• Long routes with little physical activity
• Sleeping away from home
• Lack of homemade meals
• Schedules and traffic = stress
Not managing diabetes

Normal vision

Vision with diabetic retinopathy
Not managing diabetes
What happens?

**Diabetes:**

- Blood vessels are angry and inflamed
- Body tries to remove glucose through urine (water)
- Our body wants to be 60% water…with high blood sugar, skin and mouth become dry and can crack
- Damages cardiovascular systems and various organs of the body. It’s serious.
Each person has only two choices:

• You manage the diabetes

or the default option:

• The diabetes manages you
What about the advertised drugs?

$5,254 per year
JARDIANCE (GLYXAMBI/SYNJARDY)
JARDIANCE is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes, and also to reduce the risk of cardiovascular death in adults with type 2 diabetes who have known cardiovascular disease.

$5,523 per year
INVOKANA® (INVOKAMET)
INVOKANA® is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes. INVOKANA® is not for people with type 1 diabetes or with diabetic ketoacidosis (increased ketones in blood or urine). It is not known if INVOKANA® is safe and effective in children under 18 years of age.

$9,589 per year
Victoza®
Victoza® can be taken with long-acting insulin and with diabetes pills. It is used along with healthy eating habits and exercise to help keep blood sugar under control.

$8,681 per year
Trulicity is a once-weekly injectable prescription medicine to improve blood sugar (glucose) in adults with type 2 diabetes mellitus. It should be used along with diet and exercise. Trulicity is not recommended as the first medication to treat diabetes. It has not been studied in people who have had inflammation of the pancreas (pancreatitis). Trulicity should not be used by people with type 1 diabetes, people with diabetic ketoacidosis, or people with a history of severe gastrointestinal (GI) disease.

“You cannot solve a lifestyle disease with drugs. You can only solve it with lifestyle.”

Chrystyne Olivieri, DNP, FNP-BC, CDE
When YOU manage the diabetes:

- Fewer medications and side effects
- Fewer co-pays, more cash stays in your pocket
- Reduces blood pressure
- Longer term medical cards
- Less stress
- Keep a good paying job
- Longer and better quality life
Going it alone rarely works

- **People with diabetes (PWD):**
  - Have jobs, families, homes, bills, stress – a 100% full life

- **Today’s reactive health system:**
  - 1 in 200 get full control of their diabetes*
  - 3 in 200 get partial control*

- **Studies prove PWD do better when:**
  - They have support and help
  - Not a push or a nag but non-judgmental support

*Karter, Nundy, Parker et al: Incidence of Remission in Adults with Type 2 Diabetes, The Diabetes & Aging Study, *Diabetes Care* Vol 27, 3188-3195*
People with help managing diabetes have better outcomes
Possibilities for support

• Local chapter of American Diabetes Association may have group classes or helpful materials

• Locate support groups in your community or online; search “diabetes support groups”

• Employers can provide diabetes-specific support programs and tools

• Some churches have group programs for diabetes

• Consider using a carb counting app
Diabetes myths:

• Can’t eat sugar
• Not that serious – I feel fine
• It’s not safe to exercise
• It means I have to take shots
• Diabetes is the same for everyone
• You’ll have diabetes for life
• Not in my family so I don’t need to worry
• Insulin is a cure
• Don’t need to **self-test** my blood sugar
TrueLifeCare:

- 94% satisfied
- 91% state TLC is valuable
- 95% say TLC saves money
- At one year:
  - 58% report lower sugar readings
  - 30% have lower blood pressure
  - 41% have measurable weight loss (>5 pounds)
You choose:

- Normal vision
- Vision with diabetic retinopathy
You choose:
They have chosen to manage diabetes