

## **Diabetes and Metabolic Syndrome - From Global Burden to Clinical Practice**

Dr. Bernhard Beier, Dres, Beier & Kux, Alte Rothenfelder Strase 23, 49124  
Georgsmarienhütte, Germany

### **Abstract:**

If you enter “Metabolic Syndrome” into Google you get more than 90 mill. hits in less than one second. But you will not find a single satisfactory definition. Even the WHO definition is more than ten years old. And if you look into ICD you will not find it as an own entity.

In fact, it is a coincidence of disorders of carbohydrate metabolism, mostly Diabetes, elevated lipids, hypertension and overweight.

The first historical mention is from Nicolaes Tulp (1593–1674); Elliot P. Joslin describes the interrelation to diabetes type 2 in 1921 and Gerald M. Reaven gives a first definition in his legendary Banting lecture in 1988. He called it “Syndrome X”.

Although this term is no longer used, it is still absolutely incisive. Metabolic Syndrome is spreading at a dramatic speed all over the world and we are hardly able to cope with it. IDF assume the rate of diabetes increasing by 48% over the next 25 years, varying from 15% in Europe to 150% in Africa. OECD estimates in October this year the loss of life expectancy by 3 years and a loss of gross domestic product of over 3%.

In 2017 we spent 42 bill USD for 8 mill people, US 348 bill for 30 mill people. India is at the moment vice world champion with 73 mill people and spends around 32 bill USD. But if the IDF forecast is right India will overtake China by 2045.