

# How chronic back pain impacts co-morbid disease burden within type 2 diabetics

Chronic back pain has been linked to an increased occurrence of additional co-morbid diseases within a type 2 diabetic population.

Understanding the connection between chronic back pain and its increased risk of disease burden within diabetics is important for many reasons. From the financial impact, both conditions have on medical costs and lost productivity, to the catastrophic decline in health that increases as additional co-morbid conditions accompany each disease.

Back pain is one of the most common and costly conditions suffered by Americans<sup>1</sup>. Diabetes is also a major contributor to the medical cost burden and affects millions of Americans<sup>2</sup>. In addition to this, diabetes is the seventh leading cause of death in the United States<sup>3</sup>.

With nine out of ten diabetics<sup>4</sup> suffering from an additional co-morbid condition, a recent diabetic population study conducted in 2017 compared to how chronic back pain might impact the co-morbid conditions within type 2 diabetics.

Hypertension is one of the most common co-morbid conditions suffered by diabetics<sup>2</sup>. The 2017 diabetic population study, indicated there was an 18% increase in the rate of hypertension among diabetics with back pain<sup>5</sup>. Neuropathy and retinopathy shared similar increases by 8% and 5% respectively<sup>5</sup>.

Diabetics with chronic back pain also averaged a higher A1C level, Body Mass Index (BMI), and were more reliant on metformin medication<sup>5</sup>. All of which impact the quality of life in addition to the above listed co-morbid conditions.

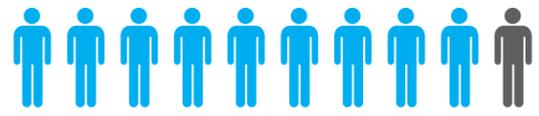
## Diabetes and back pain by the numbers

**30.3** Million Americans suffer from diabetes each year<sup>2</sup>

**\$245** Billion is the total financial burden of diabetes annually<sup>2</sup>

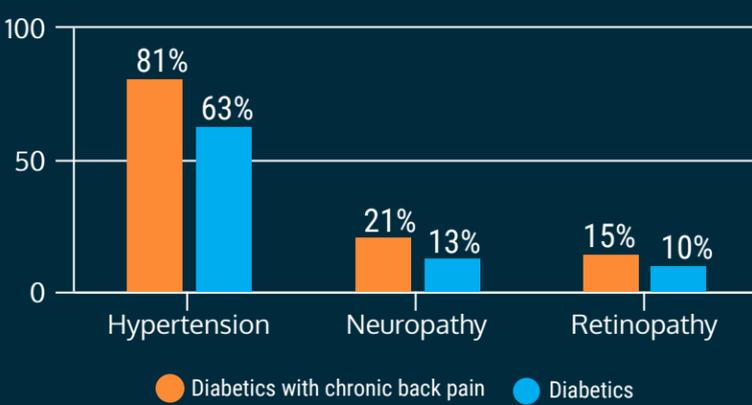
**33.0** Million Americans suffer from back pain each year<sup>1</sup>

**\$132** Billion is the total financial burden of back pain annually<sup>6,7</sup>



**9** out of **10** diabetics have a co-morbid condition<sup>4</sup>

## Co-morbid condition rates

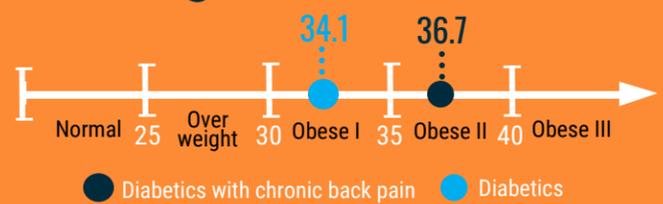


## Average A1C level

An A1C of 6.5 gives the official diagnosis of diabetes, since this is a diabetic population study, the scale begins at 6.5



## Average BMI



## Metformin use



## Summary

Both type 2 diabetics and chronic back pain are commonly caused by poor lifestyle habits. Diabetics with chronic back pain were found to have a higher instance of co-morbid conditions, and unmanaged diabetes.

Taking a preventative approach to managing both type 2 diabetes and back pain should be the first course of action in the treatment process for both conditions.

Don't let back pain add to the costs of diabetes...

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## References

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