

A lighthouse costs less than shipwrecks.



Prevention costs less than disease.

## The National Insulin Resistance Council

A not-for-profit disease prevention organization

### Insulin Resistance Economics

---

Insulin resistance creates both personal and public expense that is extraordinary. A person with insulin resistance might develop high blood pressure. That alone might mean a lifetime of drug therapy. More dramatic is the stroke that hypertension can induce. Even if one survives, the cost of aftercare is often as staggering as the lifestyle impacts.

A woman with insulin resistance might develop PCOS, polycystic ovary syndrome. Its symptoms often include significant fertility and cosmetic problems. Treatment often requires expensive endocrinologists and fertility specialists, and the travel to get to them for help. Is it well spent money when it didn't have to be spent at all?

A person with insulin resistance might develop pre-diabetes, or full-blown type 2 diabetes. If so, there's a good chance of lifetime drug therapy. Far more serious, and even more costly, are the advanced consequences of diabetes: kidney failure, blindness and the loss of limbs when circulation fails. Add to these disabling effects the drain on savings.

A person with insulin resistance may have a heart attack, or irreversible congestive heart failure. Each of these incurs a range of very big costs including intense medical care and lifetime drug therapies. That's for the half that lived. Transplants and early death await the less healthy. The money costs of any of these events bankrupt many. And that doesn't take account of lost work years and social productivity.

Taxpayers bear much of the cost of care of our over 21 million type 2 diabetics. For nearly all of them, insulin resistance was in play from early on. Medicare and Medicaid spend almost a third of their cost on just diabetes and its direct consequences. Only your tax support of the Defense Department is a larger line item for you. So you pay even when you don't have insulin resistance yourself.

These private and public costs are now measured in the hundreds of billions of dollars annually. For those with insulin resistance who learn of their condition before they develop symptoms, huge personal savings are possible. Research has already proven that many of insulin resistance's effects including diabetes can be avoided or, at least, deferred. Contemplate millions of diabetes and cardiac cases that never have to happen.

The goal of the National Insulin Resistance Council (NIRC) is to **prevent** millions of non-infectious disease cases tied to **insulin resistance** including diabetes, heart failure, stroke and recently-linked Alzheimer's. It sponsors, operates, and collaborates with others on programs that lead to **early identification** of affected individuals and fosters targeted **active prevention** programs.