Diabetes NEWS: People with condition are now living LONGER and THIS is why

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DIABETES cases have trebled over the last two decades but experts have revealed life-expectancy for people living with the condition has increased.

The findings, based on data collected by GP services in the UK between 1991 and 2014, also show a marked increase in life expectancy for people with the disease, explaining in part its increased prevalence.

The study, by the University of Cardiff, found the increased number of people with the disease has also been linked to better diagnosis and rising levels of obesity.

Between 1993 and 2010 the proportion of obese people in the UK went from 13 per cent to 26 per cent for men and from 16 per cent to 26 per cent for women.

“The number of people with type 2 diabetes in the UK has gone from 700,000 to around 2.8m over two decades, and it continues to increase,” said Professor Craig Currie from Cardiff University’s School of Medicine.

“We are also seeing increased [life expectancy](http://www.express.co.uk/latest/nhs) from the disease which could be due to earlier diagnosis of the condition as well as drugs such as blood pressure tablets and statins for blood cholesterol.”

The data also reveal that the prevalence of diagnosed type 2 diabetes increased with age, although this increase is lower in people aged 80 years and above.

The disease prevalence was also generally higher in men than in women above the age of 40 years. Below the age of 40 it was similar.

Around 4.5m people live with diabetes in the UK, with more than 90 per cent of those affected having type 2 diabetes.

Symptoms of diabetes

The condition, which can be caused by being overweight and poor diet.

If diabetes is not properly managed it can lead to serious consequences such as sight loss, limb amputation, kidney failure and stroke.

Figures have revealed that every week there are over 100 amputations due to people controlling their diabetes poorly.

Chris Askew, chief executive of Diabetes UK, has warned there is a ‘crisis’ surrounding the illness and said people aren’t aware of the seriousness of the condition.

This form of the disease develops when the insulin-producing cells in the body are unable to produce enough insulin, or when the insulin that is produced does not work properly - known as insulin resistance.

It is treated with a healthy diet and increased physical activity.

In addition to this, medication and/or insulin are often required.

The research ‘Prevalence, glucose control and relative survival of people with Type 2 diabetes in the UK from 1991 to 2013’ is published in the journal Diabetic Medicine.