

Chronic Illness

Title	Additional Information
Chronic Illness in Seniors	<p>Canada: Research shows that there is a ten year gap between how long Canadians are living and how long they are in good health. 60% of boomers say that the quality of their life is more important than the quantity of time living.</p> <p>Reference: Canadian Heart & Stroke Foundation. 2013 Report on the Health of Canadians.</p>
Chronic Illness in Seniors	<p>Chronic is ongoing, must be assessed and managed. Chronic Disease Management is increasingly important. As Seniors age many develop progressively complex mix of health conditions. Results in increased use of primary care and medications.</p>
% of Seniors with Chronic Disease	<p>76% of seniors report having one or more chronic conditions. 24% of Seniors have more than 3 Chronic Conditions. These seniors account for 40% of the reported use of the health care system. The amount of health care services seniors use is dictated more by the number of chronic conditions they have not their age.</p> <p>Reference: Seniors & The Health Care System - CIHI</p>
Top Chronic Diseases	<p>High Blood Pressure @47%, Arthritis @27%, Heart Disease @ 19%, Diabetes @ 17%, Cancer @12% & Asthma@9%.</p> <p>Reference: Seniors & The Health Care System - CIHI</p>
Chronic Conditions & Polypharmacy	<p>Seniors also take more OTC medications than an other group. Most do not inform medical professionals of all they are taking. Can lead to adverse reactions. Seniors not part of clinical trials is an issue.</p>
Pain Management & Chronic Illness	<p>Seniors & The Health Care System - The Impact of Multiple Chronic Conditions - CIHI - www.cihi.ca</p>

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Heart Disease	<p>Canada: Heart disease, stroke and other chronic conditions will lead many Canadians to face a decade of sickness, disability and immobility in later years unless they make major lifestyle changes.</p> <p>Reference: Canadian Heart & Stroke Foundation - 2013 Report on Health of Canadians</p>
Prevention	<p>Research has shown that making appropriate lifestyle choices can significantly decrease the occurrence and symptoms of chronic conditions.</p> <p>Reference: www.makehealthlast.ca</p>
Diabetes	<p>Canada: 3 million Canadians are diabetic. Close to 6 million more are prediabetic. 10% have type 1 diabetes, the remainder have type 2. Type 2 is increasing dramatically due to aging population, obesity rates rising, & an increasingly sedentary lifestyle. Aboriginals 3 - 5 times more likely to develop type 2 diabetes. Also 80% of new Canadians come from populations that are at higher risk for diabetes.</p> <p>International: Diabetes is a global epidemic. 285 million people worldwide affected by Diabetes. 7 million diagnosed yearly. Expected to hit 438 million by 2033 Diabetes is the 9th leading cause of death in the world and one of the fastest growing causes. 1,255,477 people died directly from Diabetes in 2011.</p> <p>USA: Diabetes 9th leading cause of death in the U.S. - 33,000 deaths in 2011. 26 million people in US have diabetes and 79 million are pre-diabetic. Obesity is the leading cause of diabetes.</p> <p>Reference: WHO - World Diabetes Report @ www.worldlifeexpectancy.com and Canadian Diabetes Association - www.diabetes.ca</p>
Average % annual death rate	<p>Canada: Although the reported deaths from diabetes constitute a small percentage of overall deaths, 80% of people with diabetes will die from heart disease or stroke.</p>

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Average Cost of Treatment	<p>Canada: Out of pocket cost of treatment, medication and supplies can range from \$1,000.00 - \$15,000.00 per year. Diabetes health care out of pocket costs are 2 - 3 times that for a person without diabetes. By 2020 the annual cost of Diabetes to the Canadian Health Care System is estimated to be 16.9 billion per year. People can reduce the risk of diabetes by 58% through regular moderate exercise and appropriate weight loss. This increases to 71% for those over age 60.</p>