

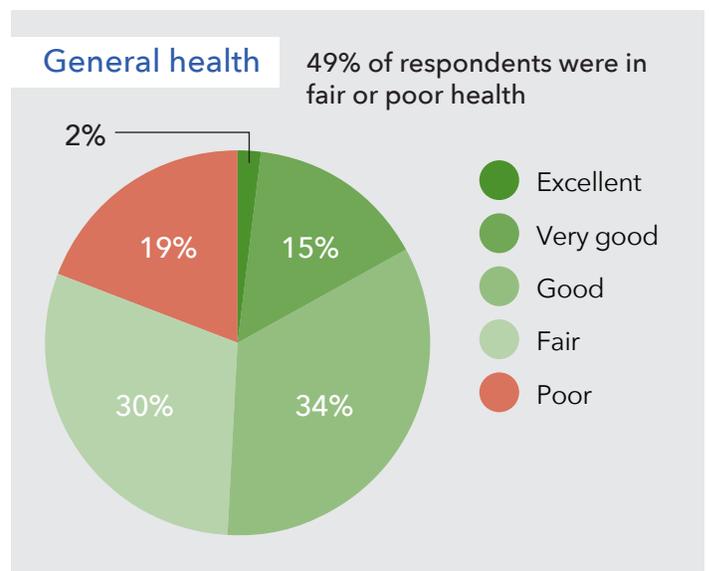
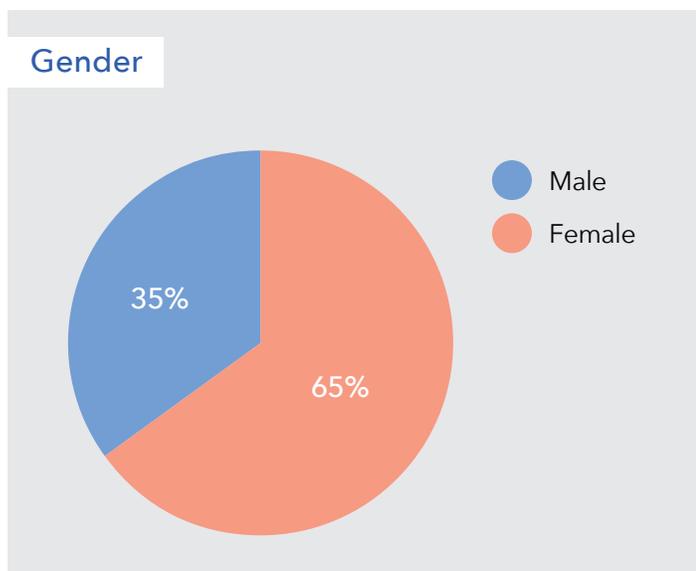
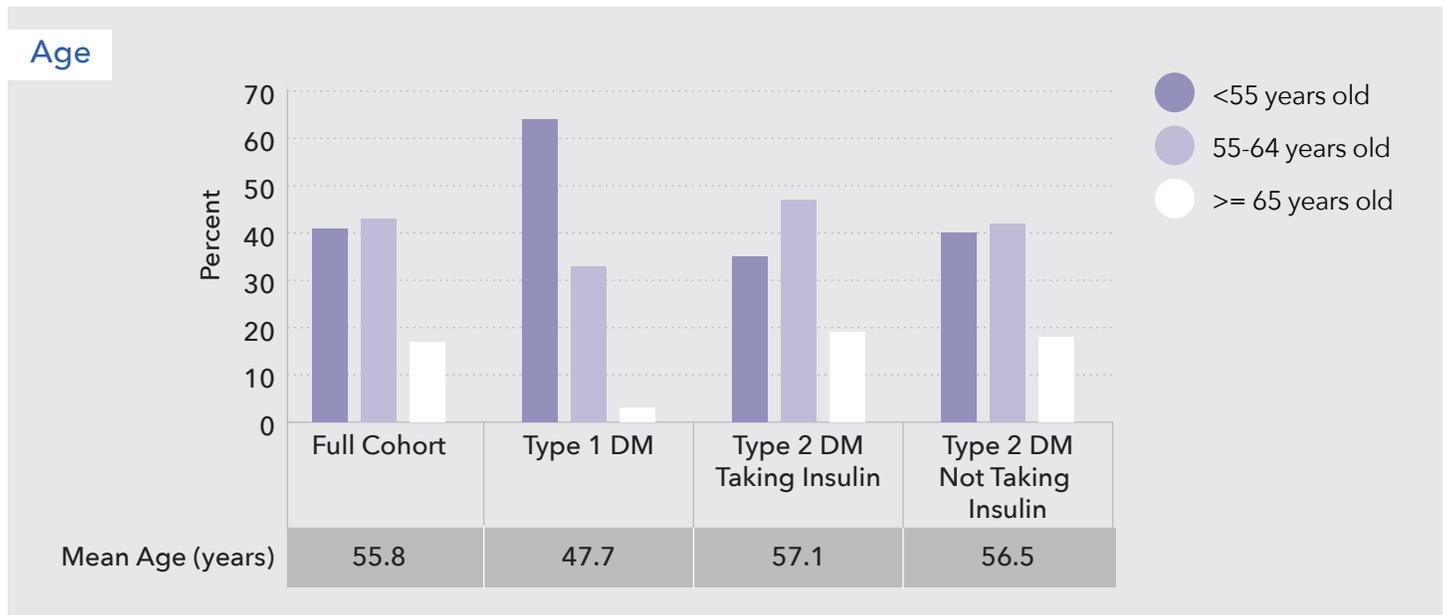
Diabetes: challenges and concerns

PatientsLikeMe recently partnered up with Kaiser Permanente Colorado's Institute of Health Research to learn about type 1 and type 2 diabetes from your real-world experiences. More than 450 of you shared about everything from the day-to-day challenges of living with diabetes, to the difficulties of communicating with your doctor. (Thank you all!) This is your health data doing good, helping others like you and showing researchers where to focus their efforts in the future.

What will I learn about in this report?

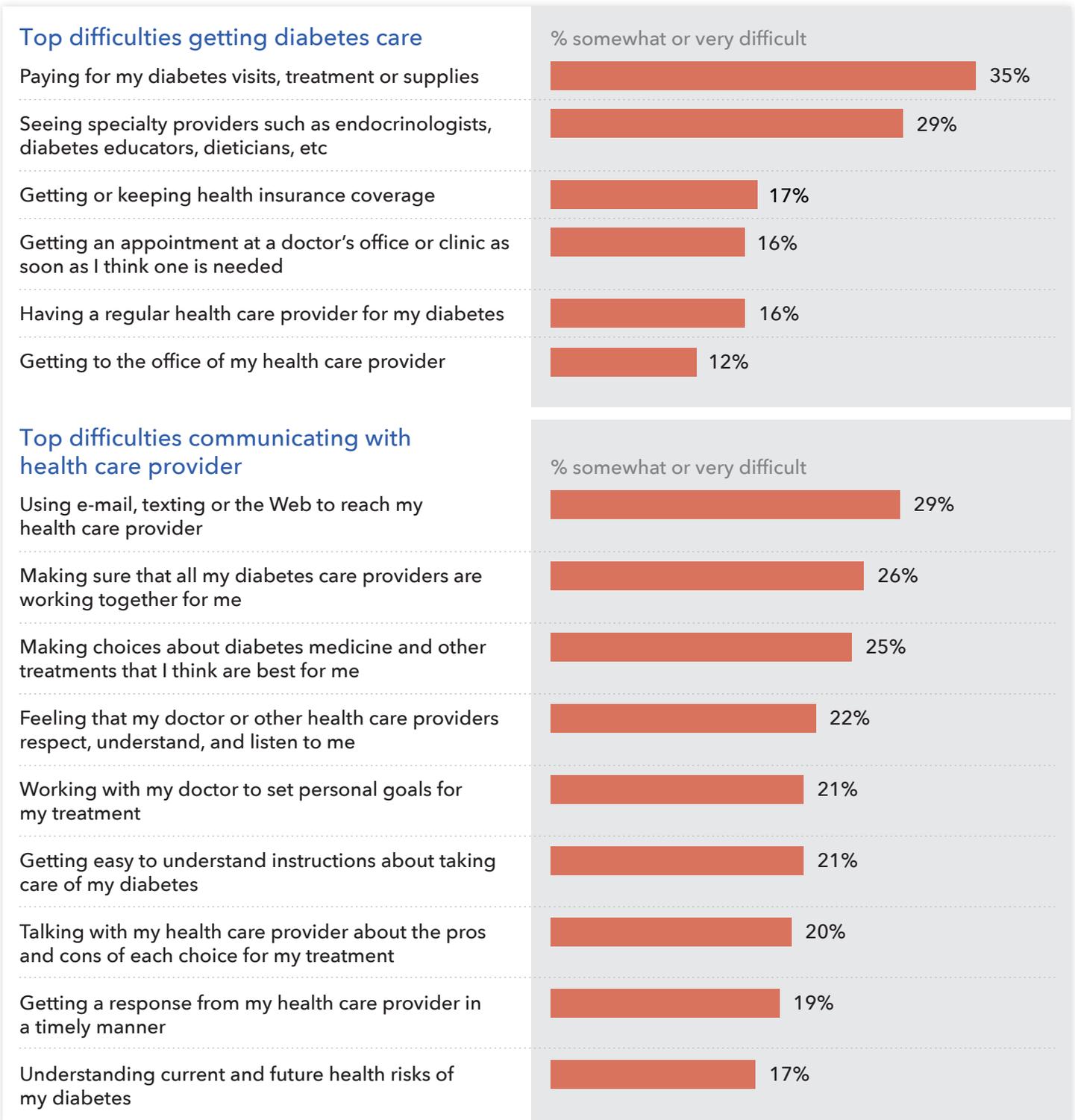
- Getting diabetes care
- Communicating with doctors
- Lifestyle concerns
- The top 10: living with type 1 vs. type 2 diabetes

Who responded?

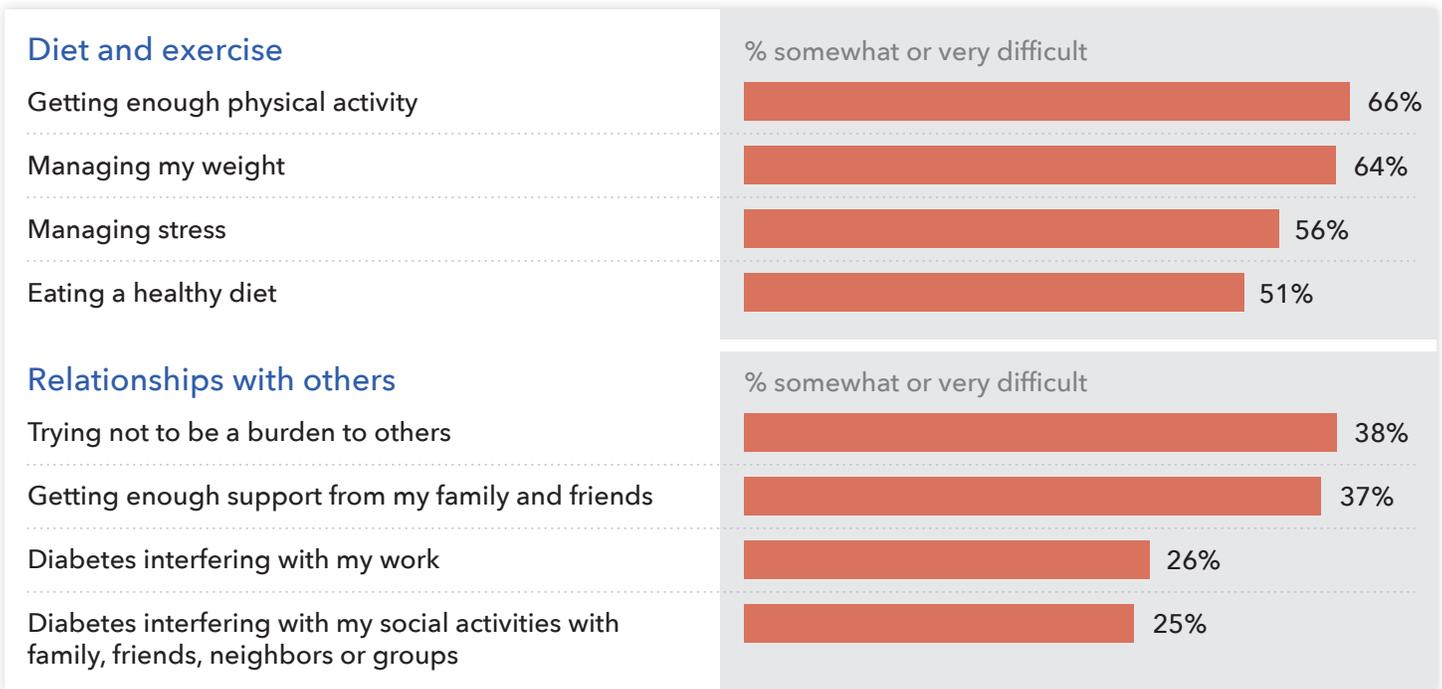


Facing diabetes day-to-day

We asked questions like “What do you personally find difficult about getting the diabetes care you need?” and “What do you personally find difficult about communicating with your doctor or other health care professionals?” We also asked about your lifestyle concerns and relationships with others. Here is what you helped to uncover.



Facing diabetes day-to-day (continued)



The top 10

After looking at responses from both the type 1 and type 2 diabetes communities, we found that overall, you share similar concerns.

	Type 1	Type 2
1	Getting enough physical activity	Getting enough physical activity
2	Trying to not be a burden to others	Managing my weight
3	Managing my weight	Managing stress
4	Managing stress	Eating a healthy diet
5	Managing medication side effects/interactions	Getting enough support from family and friends
6	Making sure all my providers are working together for me	Trying to not be a burden to others
7	Paying for diabetes visits, treatment or supplies	Paying for my diabetes visits, treatment, or supplies
8	Eating a healthy diet	Seeing specialty providers
9	Feeling that my doctor respects, understands, and listens to me	Using e-mail, texting or the Web to reach my health care provider
10	Getting an appt as soon as I think one is needed	Testing my blood sugars

About PatientsLikeMe

PatientsLikeMe® (www.patientslikeme.com) is a patient network that improves lives and a real-time research platform that advances medicine. Through the network, patients connect with others who have the same disease or condition and track and share their own experiences. In the process, they generate data about the real-world nature of disease that help researchers, pharmaceutical companies, regulators, providers, and nonprofits develop more effective products, services and care. With more than 250,000 members, PatientsLikeMe is a trusted source for real-world disease information and a clinically robust resource that has published more than 50 peer-reviewed research studies.

More about this project

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