PRESS RELEASE

**Early Detection of Diabetes: Information Event at the German Diabetes Center (DDZ) in Conjunction with World Diabetes Day 2019**

**Do you know if your family members have risk factors for diabetes? How can diabetes be prevented and detected early? What can you do if you or a family member is newly diagnosed with diabetes? On Wednesday, November 13, 2019, a varied program awaits you at the 5th Patient Day at the German Diabetes Center (Auf'm Hennekamp 65, 40225 Düsseldorf), from 2:00 pm to 7:00 pm. Test your diabetes risk, have your eyes checked for possible diabetes-related changes and listen to talks to learn more about secondary diseases, latest developments in treatment and research. Take the initiative and get informed in the run-up to World Diabetes Day!**

**Düsseldorf (DDZ)** – "Every year, about 600,000 people in Germany are newly diagnosed with diabetes, which corresponds approximately to the population of Düsseldorf," said Professor Michael Roden, scientific director and member of the executive board of the German Diabetes Center (DDZ). In total, up to 12 million people could be affected by type 2 diabetes in Germany in 2040, scientists at the DDZ and the Robert Koch Institute (RKI) predict. In Düsseldorf alone, around 58,000 people suffer from the widespread disease, and almost 5,000 are newly diagnosed each year.

The disease can have considerable consequences for the lives of those affected and their quality of life. It can also affect the whole family and completely change their lives. "It is therefore very important to detect diabetes early on and treat it adequately in order to minimize the risk of secondary diseases," said Professor Roden, who is also director of the Department of Endocrinology and Diabetology at Düsseldorf University Hospital.

Recent studies provide evidence for a new look at the conventional diabetes classification in terms of the course of the disease and the development of secondary diseases. A research team from the DDZ and partners from the German Center for Diabetes Research (DZD) and the University of Lund in Sweden have identified different clusters that allow the subclassification of diabetes into subtypes. Two of these subgroups are characterized already at an early stage by a higher risk of fatty liver disease and diabetes-related nerve damage (neuropathy). The results of the German Diabetes Study will be presented in a lecture on November 13, 2019.

Under the motto "Diabetes: Family makes you strong", the DDZ invites you to an information event on November 13, 2018 in conjunction with World Diabetes Day. Starting at 2:00 pm in the Study Center, those who are interested can have a brief diabetes check-up including a test to determine if there are any diabetes-related changes in the eye. The 5th Patients' Day is being organized jointly with the Regional Innovation Network (RIN) Diabetes, the Department of Endocrinology and Diabetology at Düsseldorf University Hospital and the state capital Düsseldorf. **You do not need to register to attend the event, admission is free and there is barrier-free access. To view the program, visit the website at** [**www.ddz.de**](http://www.ddz.de)

**Information & Advice**:

Offers for the prevention and treatment of diabetes in the greater Düsseldorf area can be found at:

German Diabetes Center (DDZ)

Clinical Study Center  
Phone +49 (0=211/ 3382 209

Email: [studienzentrum@ddz.de](mailto:studienzentrum@ddz.de)

* [www.ddz.de](http://www.ddz.de)
* [www.deutsche-diabetes-studie.de](http://www.deutsche-diabetes-studie.de)
* [www.diabetesinformationsdienst.de](http://www.diabetesinformationsdienst.de)
* [www.rin-diabetes.de](http://www.rin-diabetes.de)
* <https://wegweiser.rin-diabetes.de>

(November 7, 2019)

The German Diabetes Center (DDZ) serves as the German reference center for diabetes. Its objective is to contribute to the improvement of prevention, early detection, diagnosis and treatment of diabetes mellitus. At the same time, the research center aims at improving the epidemiological data situation in Germany. The DDZ coordinates the multicenter German Diabetes Study and is a point of contact for all players in the health sector. In addition, it prepares scientific information on diabetes mellitus and makes it available to the public. The DDZ is part of the Leibniz Association (Wissenschaftsgemeinschaft Gottfried Wilhelm Leibniz, WGL) and is a partner of the German Center for Diabetes Research (DZD e.V.).

**Recent press releases of the DDZ are available at** [**www.ddz.uni-duesseldorf.de**](http://www.ddz.uni-duesseldorf.de)

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