

Foreword

Diabetes mellitus has never been more important. We are in an increasing epidemic of type 2 diabetes and in some parts of the world the incidence of type 1 diabetes has increased three-fold over the past four decades. While there are clear reasons for the former, the latter is more difficult to explain. Research into the pathogenesis of diabetes, its complications and optimal management has been distilled into a number of national and international guidelines. Against this background, the Royal College of Physicians of Edinburgh Consensus Conference committee convened a UK conference in Edinburgh in May 2010 to answer five pertinent questions relevant to those at risk of diabetes, those with diabetes and those caring for people with diabetes in the 21st century. Using a tested framework a concise statement has provided answers to the following:

- Who can prevent diabetes?
- What are the practical implications of developments in genetics?
- Which psychological interventions work?
- What after metformin?
- What are the best models of care for children and adolescents?

We expect the statement to be useful to many groups and individuals, both nationally and internationally. The answers are diverse: sometimes specific and definitive, and at other times more general. As perhaps expected, the statement calls for more evidence and research in all of the above areas and funding agencies will be able to use the statement when deciding allocation of research resources. We urge people, society and government and

its institutions to take particular cognisance of the output in relation to the first question. The epidemic of type 2 diabetes must be reversed and our 'toxic and diabetogenic' environment transformed. If 12% of the urban Chinese population have diabetes the world is on the edge of a precipice.

We are most grateful to many people who have contributed to the statement. These include the organising committee, authors of the background papers, reviewers of the background papers, chairmen and speakers at the conference, poster presenters and sponsors. A particular vote of thanks goes to the chairman of the Consensus Panel, Professor Roland Jung, his vice-chair, Dr Andrew Elder, and the other 14 members who worked efficiently and constructively to produce the enclosed statement. In a Consensus Conference the audience at the conference are pivotal in shaping the draft statements and we grateful acknowledge the contributions of many individuals. Margaret Farquhar and Christine Berwick provided exceptional support to the organising committee and we wish to express our sincere thanks to them.

We sincerely hope that the statement, background papers, speaker and poster abstracts will be of value in our ongoing attempts to prevent or delay the onset of diabetes and effectively treat the condition once diagnosed, so as to limit its impact on all the lives that it effects.

Dr James Walker and Dr Alan Jaap

Co-chairs of the RCPE UK Consensus Conference on Diabetes, May 2010