

## Экономические проблемы сахарного диабета в России

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**В** последнее десятилетие все большее внимание исследователей стали привлекать не только медицинские, но и экономические аспекты сахарного диабета (СД). Рост числа больных СД, увеличение стоимости средств, методов лечения, обследования ведут за собой затраты, связанные прямо или косвенно с диабетом [1,8]. Человеческий инсулин, эффективные пероральные сахароснижающие препараты не стали дешевле. Несмотря на то, что операции на конечностях (искусственные суставы), шунтирование коронарных артерий, трансплантация почки, гемодиализ в развитых странах считаются обычными, стоимость их остается высокой и хотя они финансируются государством, доступность этих видов помощи для многих больных, остается проблемой.

Крайне важно понимание экономических проблем, с которыми сталкивается государство и сам больной СД как в процессе лечения заболевания, так и в решении социальных вопросов.

Экономические проблемы СД базируются на общих положениях [10]: определение прямых затрат, связанных с заболеванием (затраты на медикаменты, средства контроля, оборудование, лабораторные исследования, уход в больнице, дома, расходы, связанные с заболеванием, которые несут больные и их семьи); определение косвенных затрат, связанных с заболеванием (потеря трудоспособности, инвалидность и преждевременная смерть). Важным является и определение расходов, которые несет сам больной (оплата медицинских услуг, потеря времени на поиски работы, страховки и т.п.), а также определение наиболее эффективного использования ресурсов здравоохранения.

В данной статье мы представим данные экспертной оценки прямых расходов, связанных с СД в России. Они основаны на расчетах эпидемиологических данных (в статье не рассматриваются косвенные расходы, хотя они составляют не менее половины всех затрат на диабет; их оценка сложна и требует специальных исследований).

Работ по экономическим проблемам СД немного, значительная часть их проведена в США. Одна-

ко сравнение имеющихся данных следует проводить с учетом различий в системах здравоохранения. В различных странах доля расходов, связанных с диабетом, которую берет на себя государство, может существенно различаться.

Данные о прямых расходах на диабет в некоторых странах мира представлены на рис. 1; величина этих расходов зависит от числа больных в стране [1,8,11]. В США прямые расходы в расчете на 1 больного в год составили в 1997 г. 5512,5 \$ [2,9,11], в Англии - 3080 \$ [5], в Финляндии - 3209 \$ [3], в Австралии - 2060 \$ [6,7], в странах Центральной и Южной Америки лишь 353 \$ [4]. (Величина этих расходов зависит от уровня медицинской помощи и может не соответствовать необходимому и достаточным расходам на диабет).



Рис. 1. Прямые расходы на диабет в различных странах (в млрд \$ США)

Свои расчеты прямых расходов на диабет мы строили из стоимостной ситуации в России в отношении лекарственных средств, средств самоконтроля, оборудования, лечения в условиях стационара и амбулатории, обучения больных и т.д. Мы учитывали, что эти расходы существенно зависят от наличия осложнений диабета и их тяжести. Так, на офтальмо-

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