

R. H. Shikes Collection

Presented by the Medical Alumni Association



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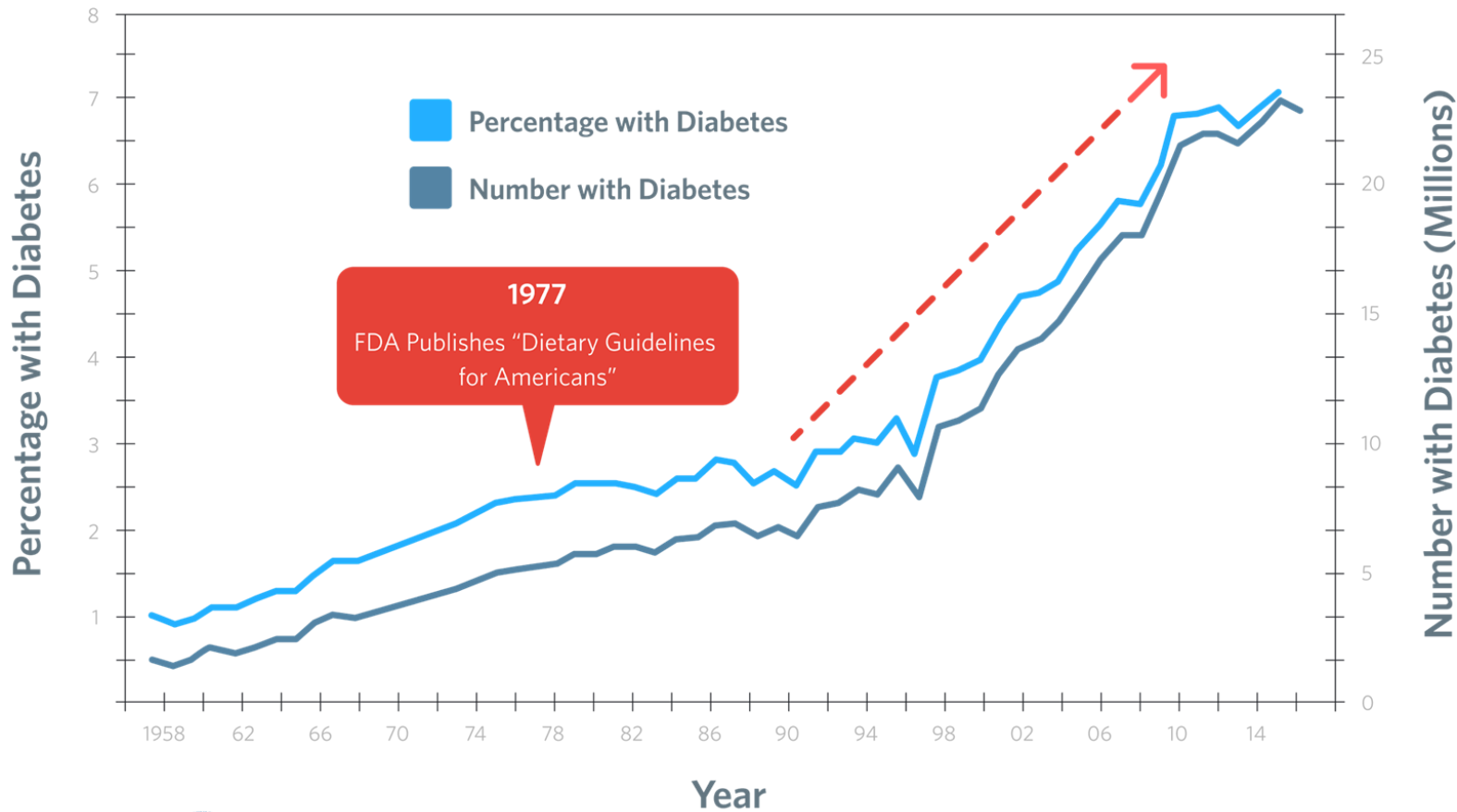
Not pictured: Sarah Leininger, Marlow Perez, Gerard Reidy

Portraits/Graphics by Visual Images Program, Educational Support Services, UCHSC









CDC's Division of Diabetes Translation. United States Diabetes Surveillance System available at <http://www.cdc.gov/diabetes/data>



virta

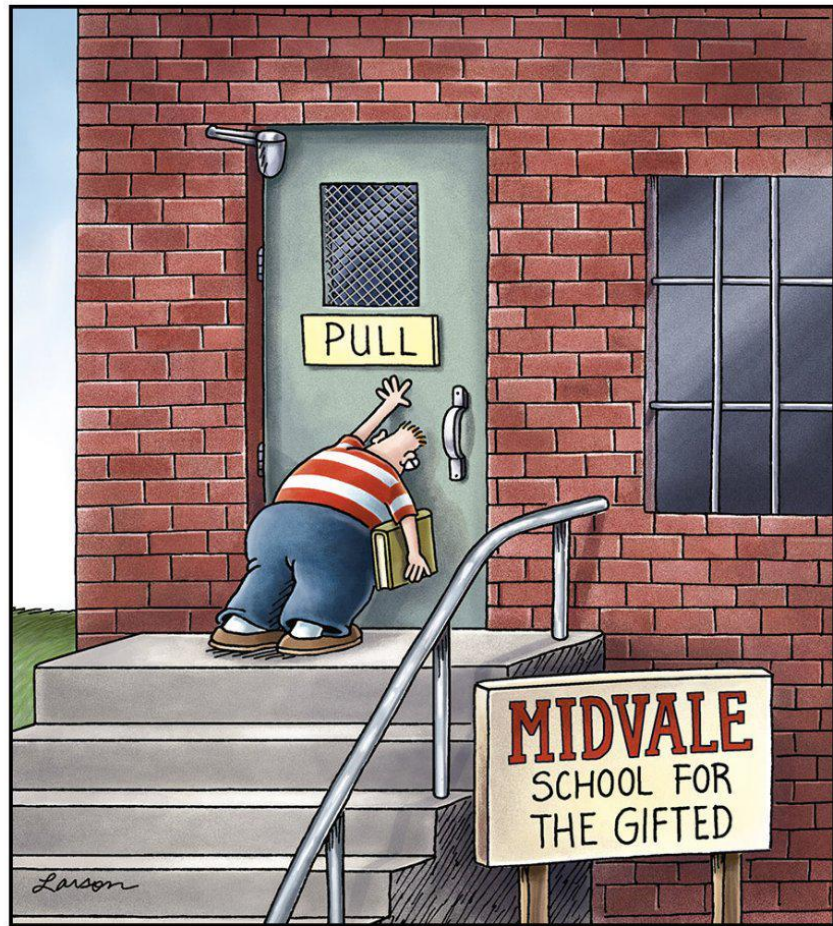
50%

of adults in America have
type 2 diabetes or prediabetes

93%+ of American adults are Metabolically Unhealthy



Conclusions: Between 1999 and 2000 and 2017 and 2018, U.S. cardiometabolic health has been poor and worsening, with only 6.8% of adults having optimal cardiometabolic health, and disparities by age, sex, education, and race/ethnicity. These novel findings inform the need for nationwide clinical and public health interventions to improve cardiometabolic health and health equity.

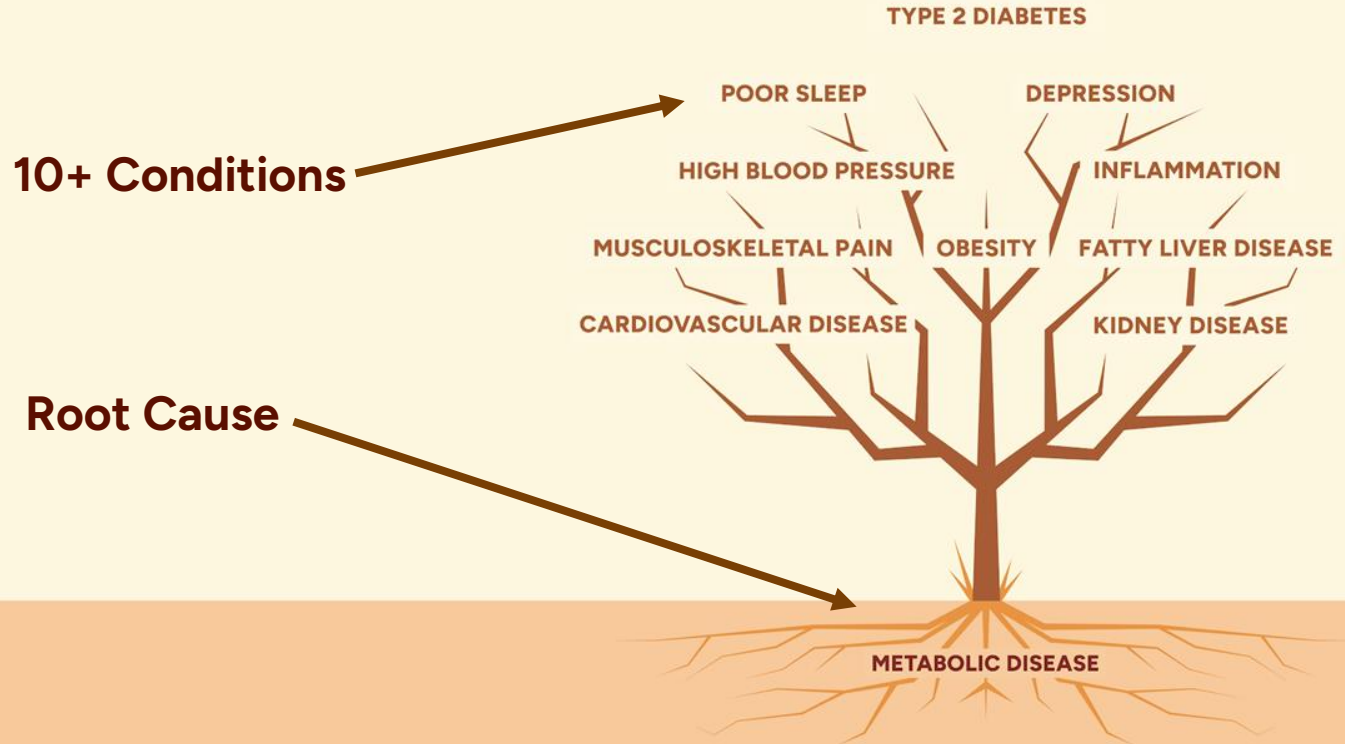


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Metabolic Disease drives 10+ chronic conditions





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Reversing the root cause of metabolic disease and addressing whole-person health



THERAPY

Individualized Nutrition



DELIVERY

Technology & AI



Traditional metabolic disease care is failing

Weight loss



Medications



Surgery





Food as Medicine



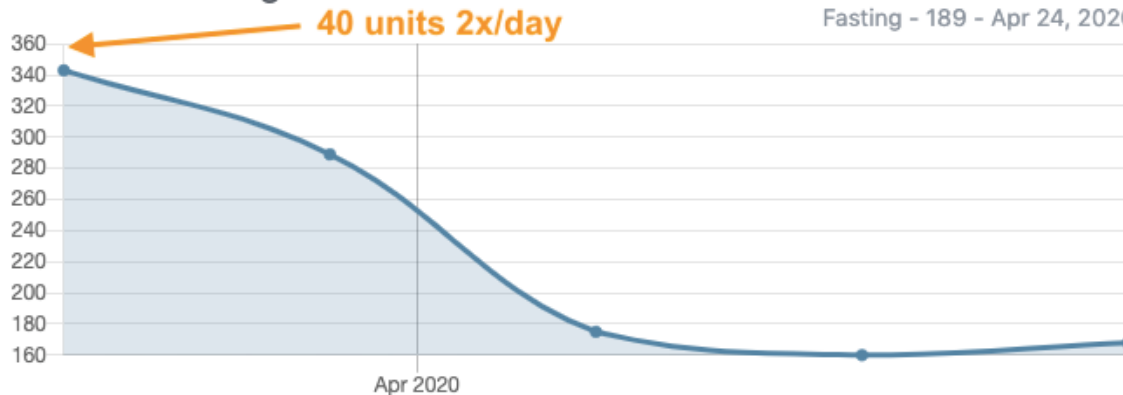


**Insulin
resistance
and
the vicious cycle**

Glucose - Fasting

189

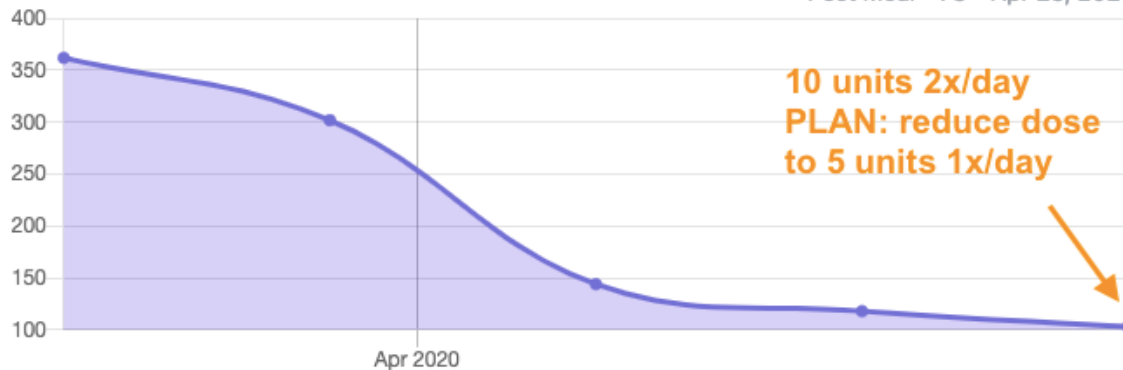
Fasting - 189 - Apr 24, 2020



Glucose - Non Fasting

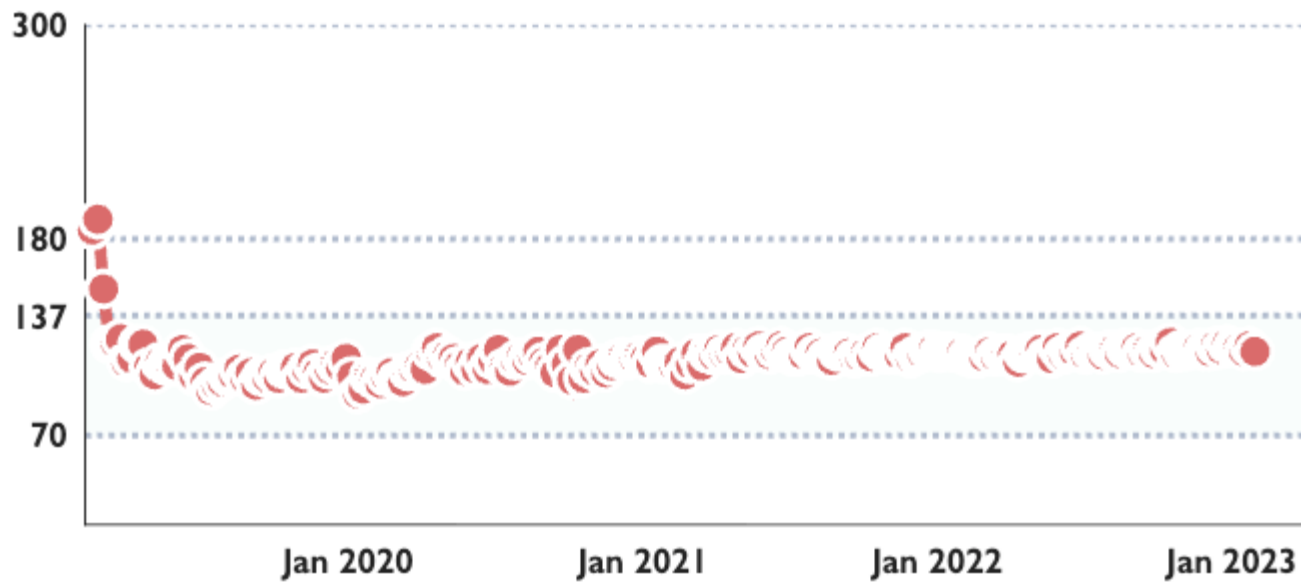
73

Post Meal - 73 - Apr 23, 2020



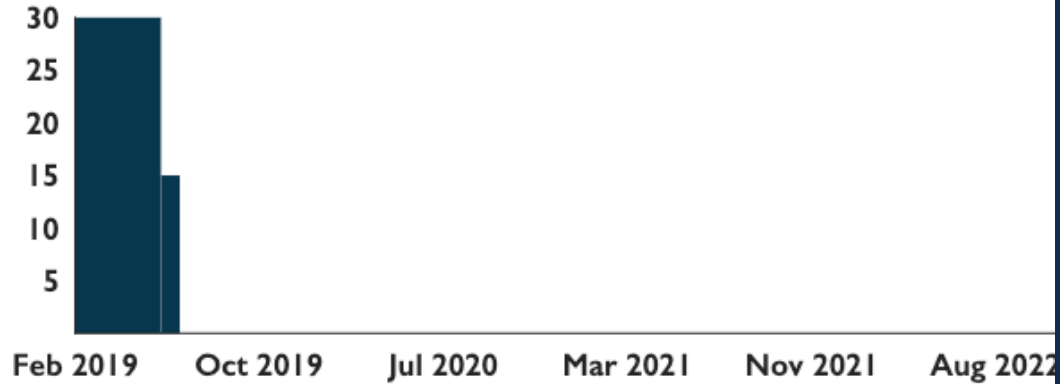
Glucose

Average: 113





Levemir U-100 Insulin 100 unit/mL subcutaneous solution



pioglitazone 30 mg tablet

Dan tried everything, his health just got worse



**Gains weight despite
countless programs**

**Tries GLP-1, with
limited results**

**Low mental health
and energy**



10 YEARS LIVING WITH CARDIOMETABOLIC DISEASE

On Virta, Dan made rapid changes to last a lifetime



**Nutrition tailored
to metabolism**

**Deprescribed
from GLP-1s**

**Lost 110 lbs, mental
health improved**

52 WEEKS WITH VIRTA

Beyond lab results and numbers







Thank you!