Diabetes (DM) has a relevant impact on health care budgets. High prevalence and chronic complications are key determinants of management costs of Diabetes Mellitus (DM). Given that DM affects more than 4 million people in Spain, the costs associated with this disease require an efficient management. Cardiovascular diseases are complications associated with DM with a major impact in health care budgets. OBJECTIVES: Develop a model to predict future costs of DM in Spain. Estimate the increase in health care costs in DM patients associated with potential cardiovascular diseases. We used the perspective of the Regional Health Service in Madrid (public payer). METHODS: Foro Gerencia is an initiative constituted by health care professional, experts in DM management. A Markov model was based on the expectations on previous works in this area. A 5-year primary care data registry of 22700 diabetic patients in Madrid was used to estimate transition probabilities in the model. Time horizons were defined from the health state associated with diabetes to the health state associated with Regional Health Service in Madrid and from Spanish literature. They were updated to 2013 price levels and adjusted to subsequent years by a 3% inflation rate. RESULTS: Cardiovascular complications included in the model were ischemic heart diseases (acute myocardial infarction and angina) and heart failure with a total of 5 health states. The estimated increase in costs was €1,080 per patient in 10 years (= 108% per year). Considering 8% prevalence of DM in Madrid, the increase in costs of DM due to cardiovascular diseases would be €55 billion per year. CONCLUSIONS: Cardiovascular diseases in DM patients have a relevant impact on health care expenditure. Prevention of cardiovascular complications can lead to significant cost savings for the management of DM. Understanding future costs of DM might be valuable in terms of budget allocation and economic evaluation.

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