

Clinical Profile of Type I Diabetes Mellitus Children

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Background

Aims & Objectives

To study the clinical profile of children with Type I Diabetes.

Materials & Methods

This is a Cross sectional observational study conducted at Pediatric out-patient department of Bharati hospital, Pune. Children aged 6 months to 18 years with Type I DM were recruited over a study duration of 22 months. The children were assessed for signs and symptoms of Diabetes, glycemic control, growth and vital parameters and insulin requirement.

Results

Of the total 50 children enrolled in the study, maximum

(60%) presented between the age of 10-15 years. Polyuria was the commonest symptom at onset being present in all 50 cases (100%). 42 of the 50 patients (84%) presented with diabetic ketoacidosis. Children who monitored sugars only weekly and had poorer glycemic control. 5 out of the 50 cases had developed microalbuminuria, their average duration of illness being 5 years and average HbA1c being 9.96.

Conclusions

Type 1 Diabetes is the commonest endocrine disorder of childhood with peak age of onset being in the pre-adolescent age groups with no sexual preponderance. The commonest symptom of Type 1 Diabetes is polyuria with a significant number of patients presenting with Diabetic ketoacidosis. Poor glycemic control has a direct effect on development of complications including impaired growth velocity and early changes of diabetic nephropathy.