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Challenges of Type 1 Diabetes Management in Children

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Abstract

Type 1 diabetes is a complex disease with many acute and chronic complications attached. Hypoglycemia; diurnal and nocturnal is a major complication. It is mostly caused by imbalance of the amount of insulin injected and carbohydrates consumed. In addition, there are many associated diseases with diabetes that can aggravate hypoglycemia and their exclusion is crucial. Celiac disease is seen in 5-12% of type 1 diabetes children. Undiagnosed celiac can lead to unpredictable hypoglycemia and aggravate erratic glucose profile. Addison disease is another association that should be considered when dealing with unexplained hypoglycemia in a child with type 1 diabetes. Fictitious hypoglycemia is not uncommon. It can be caused by the child him/herself or inflicted by a proxy in a form of Mauchausen syndrome.

Various newer technologies are useful in diagnosing and preventing hypoglycemia in type 1 diabetes. Studies confirmed the remarkable role of continuous glucose monitoring in preventing hypoglycemia. Use of advanced insulin pump technology made major development in treatment of diabetes. The sensor-augmented pumps with the automatic switch off made a revolution in pump therapy which has been further developed in to pumps predicting hypoglycemia and switching off to prevent its occurrence. An overall sum up of hypoglycemia presentation and treatment will be discussed in the talk, which includes various interesting case scenarios.



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