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# Type 2 Diabetes in Children: The Challenge of Diagnosis

**Francesco Chiarelli\***

*Department of Pediatrics, University of Chieti, Italy*

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**\*Corresponding author:** Francesco Chiarelli, Department of Pediatrics, University of Chieti, Italy

## Abstract

Youth-onset type 2 diabetes (T2D) is an emerging disorder in children, adolescent and young adults. It results from combination of obesity-driven insulin resistance in the skeletal muscle, liver, and adipose tissue, coupled with  $\beta$ -cell failure to produce sufficient insulin, inflammation, glucotoxicity and lipotoxicity.

Epidemiologic data are quite different among different ethnic groups and a relevant association with obesity has been underlined in children and adolescents. The prevalence in Europe, although high and constantly increasing, is far from reaching

American rates. Both genetic and environmental factors play a role in the pathogenesis of T2D; a family history of T2D in a first or second degree relative is usually detected. Latest guidelines for diagnosis and management of T2D in children and adolescents have been published and reviewed. The overall goals of treatment of T2D are weight loss, physical exercise, good glycemic control and strict behavioral changes about risk factors.

Preventative measures for obesity and metabolic syndrome will help to reverse the emerging epidemic of T2D and to control chronic co-morbidities.



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