

CHILDHOOD DIABETES IN COASTAL ANDHRA PRADESH

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In a ten month period, childhood diabetics (onset of diabetes ≤ 20 years) comprised 2.14% (10/467) of all diabetics presenting to a referral endocrine centre in coastal Andhra Pradesh. The sex ratio (M : F) was 2 : 8. Four patients (40%) presented with ketonuria and six (60%) fulfilled the criteria of malnutrition related diabetes mellitus (MRDM; Ahuja 1986). The mean age of onset of diabetes was 16.5 (± 3.6) years, with the duration ranging between 20 days and five years. Three patients each (30%) were taking insulin, oral hypoglycemic agents followed by insulin, and no treatment yet (being newly diagnosed). One patient initially took insulin and was later put on oral hypoglycemic agent. Four patients (40%) gave family history of diabetes (adult onset) in first degree relatives. Mean body mass index of patients was 15.8 (± 1.4). Height of one patient (10%) was below 5th

centile for age, three (30%) between 5th and 50th centile, and six (60%) between 50th and 95th centile. Regarding weight, three each (30%) were below 5th centile for age, and between 5th and 50th centile; four (40%) were between 50th and 95th centile.

One patient had clinical features suggestive of isolated GH deficiency. One patient was in honeymoon phase, and one had pancreatic calculi on plain X-ray abdomen.

Thus childhood diabetics constituted 2.14% of referred diabetics. Forty percent were insulin dependent diabetics and 60% MRDM, with one patient (10%) showing pancreatic calcification. The present study documents the existence of malnutrition related diabetes mellitus in coastal Andhra Pradesh.