

PATTERN OF CHILDHOOD DIABETES IN CENTRAL KERALA

*Annie Abraham; P.J. Geevarghese
St. Mary's Diabetes Centre, S.R.M. Road, Cochin-18*

This is a study of 58 diabetic patients with age of onset of diabetes below 20 years, over a period of four years from May 1985 to April 1989. The overall incidence of childhood diabetes in our study was 3.61%, of which 67.24% were Insulin dependent, 13.80% NonInsulin dependent and 18.96% were FCPD. Although clearcut genetic syndromes associated with diabetes was absent; there were 4 patients with congenital abnormalities.

Male to female ratio was 1:1.3. Overall, the age of onset of diabetes in this study was below 5 years in 8.62%, 6-15 years in 46.55% and 16-20 years in 44.83%. The duration of diabetes was below 5 years in 39.65%, 6-15 years in 39.65% and 16-30 years in 20.7% of cases. The BMI was normal in NIDDM patients and low in FCPD and IDDM.

A family history of diabetes was present in 34.48% of cases. 24.13% gave a history of viral infection preceding diabetes; Viral hepatitis was the commonest followed by Mumps. Hyperlipidemia was present in 13.79% of cases.

Diabetic Retinopathy was seen in 20.69% of cases and Nephropathy in 12%. This occurred in all the three types and was related to the duration of diabetes. Hypertension was present in 10% of cases. There was no evidence of macroangiopathy in these cases although one of the patients required a below-knee amputation for gangrene. The average Insulin requirements in IDDM patients was 44 units as against 61 units per day in FCPD patients.