

DIABETES IN THE YOUNG-A PROFILE

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Among 16,800 Diabetic subjects registered in the Diabetic Clinic of Madras Medical College from 1979-89, 160 subjects (0.9%) had the onset of disease below 20 years of age, among whom 40 subjects were females while the rest were males. The 160 subjects were classified as Insulin Dependent Diabetes Mellitus (IDDM) in 126 subjects (78.8%), Malnutrition Related Diabetes Mellitus (MRDM) in 32 (20%) and Maturity Onset Diabetes in the Young (MODY) in 2 (1.2%). The mean age of onset of diabetes in the younger age diabetic subjects was 12.5 ± 3.26 years and the mean duration was 6.3 ± 2.94 years. BMI was less than 18 in all the subjects. The mean insulin requirement per day was 52 ± 6.3 units. Episodes of ambulant ketosis occurred at a mean frequency of 56.4 ± 9.2 per year among IDDM subjects. DKA was exceedingly rare and one subject had recurrent episodes of DKA and died of

rhinocerebral mucormycosis. The dietary pattern of the subjects was as follows : Mean calorie intake 1554 ± 384.13 , mean carbohydrate intake 40 ± 10.34 gms. and mean fat intake was 30 ± 8.03 gms. per day. Among the IDDM subjects, 5 (4%) had clinical evidence of nephropathy (urine protein excretion more than 500 mgms in 24 hours), 19 subjects (15.1%) had peripheral neuropathy, 7 subjects (5.6%) had retinopathy while 7 subjects (5.6%) had pulmonary tuberculosis. Malignant progression of microangiopathy was presented in two subjects and both of them died of end stage renal disease within 5 years after the onset of diabetes mellitus. Among MRDM subjects one (3.1%) had nephropathy and retinopathy. Hypertension was present in 3 IDDM subjects (2.4%), 2 MRDM subjects (6.3%), while cardiomyopathy was present in one IDDM subject (0.8%) and one MRDM subject (3.3%).