

PRESS RELEASE

Study of Hong Kong Childhood Diabetes Registry data reveals early post-diagnosis outcomes among paediatric type 2 diabetes mellitus patients

(Hong Kong, 16 August 2024) – **Type 2 diabetes mellitus (DM) is becoming increasingly common in children and adolescents. A recent study analysed the data in the Hong Kong Childhood Diabetes Registry to unveil the early post-diagnostic clinical course in paediatric type 2 DM patients. The findings of the study have been recently published in the *Hong Kong Medical Journal*.**

This study, which focused on patients under 18 years old diagnosed with DM at public hospitals in Hong Kong, examined data collected at the time of diagnosis and 2 years thereafter. Data on glycaemic control, presence of co-morbidities, and complications were analysed. A total of 212 paediatric type 2 DM patients were recruited into the Registry between 2014 and 2018, and 143 patients (67.5%) continued follow-up visits in public hospitals at 2 years after diagnosis. The study showed that 59.3% of these patients had achieved satisfactory glycaemic control (haemoglobin A1c [HbA1c] level <7%) at 2 years after diagnosis.

Factors associated with suboptimal glycaemic control at 2 years after diagnosis were higher HbA1c level at diagnosis, fatty liver at 2 years, and dyslipidaemia at 2 years. Notably, the prevalence of microalbuminuria increased from 9.0% at diagnosis to 18.6% at 2 years, correlating with poorer glycaemic control in affected individuals.

The study highlighted the importance of early diagnosis of DM, because initial disease severity predicts the risk of suboptimal glycaemic control at 2 years. Active screening of high-risk individuals would enable early diagnosis and treatment of DM and its co-morbidities. In addition, the study addressed the importance of effectively managing co-morbidities such as fatty liver, dyslipidaemia, and hypertension, for the maintenance of glycaemic control and prevention of microalbuminuria, a precursor to severe kidney diseases. Challenges persist in the management of youth with DM, including a high rate of loss to follow-up, a significant proportion of patients with suboptimal glycaemic control, and an increasing number of patients with microalbuminuria.

The article “Glycaemic control and microvascular complications among paediatric type 2 diabetes mellitus patients in Hong Kong at 2 years after diagnosis” was published in the *Hong Kong Medical Journal*. <https://doi.org/10.12809/hkmj2210552>

新聞稿

香港兒童糖尿病登記冊數據研究揭示二型糖尿病兒童患者在診斷後的早期結果

(香港, 2024年8月16日) — 二型糖尿病在兒童和青少年中越見普遍。最近一項研究分析了香港兒童糖尿病登記冊的數據, 揭示了二型糖尿病兒童患者在診斷後的早期臨床過程。研究結果已在《香港醫學雜誌》發表。

這項研究聚焦於在香港公立醫院被診斷為糖尿病的18歲以下患者, 檢視診斷時和診斷後兩年的資料, 包括血糖控制、合併症和併發症的數據。2014至2018年間共有212名二型糖尿病兒童患者被納入登記冊, 其中143人(67.5%)在診斷後兩年繼續在公立醫院覆診, 當中59.3%患者在診斷後兩年達到滿意的血糖控制(糖化血紅素水平<7%)。

與診斷後兩年血糖控制不佳的相關因素包括診斷時糖化血紅素水平較高及診斷後兩年患上脂肪肝或血脂異常。值得注意的是, 患有微量白蛋白尿的比例由診斷時的9.0%升至診斷後兩年的18.6%, 這與他們的血糖控制不佳相關。

研究強調了糖尿病早期診斷的重要性, 因為診斷時疾病的嚴重程度可以預測兩年後的血糖控制。對高風險群組進行積極篩查有助於早期診斷和治療糖尿病及其合併症。此外, 研究強調了有效管理脂肪肝、血脂異常和高血壓等合併症的重要性, 以維持血糖控制和預防微量白蛋白尿, 因為後者是嚴重腎病的前兆。在管理青少年糖尿病方面仍存在挑戰, 包括高失訪率、大部分患者血糖控制不佳, 以及微量白蛋白尿患者數量增加。

詳細內容可參閱原文《香港二型糖尿病兒童患者在診斷後兩年的血糖控制與微血管併發症》。

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Source: WI Yam, Shirley MY Wong, PT Cheung, et al. Glycaemic control and microvascular complications among paediatric type 2 diabetes mellitus patients in Hong Kong at 2 years after diagnosis. Hong Kong Med J 2024;30:Epub 16 Aug 2024. <https://doi.org/10.12809/hkmj2210552>.

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