 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## **Type 1 and Type 2 diabetes incidence rising in adolescents due to many factors**

The incidence of Type 1 (T1D) and Type 2 (T2D) diabetes is rising worldwide particularly in adolescents. It is important to distinguish them from the less common monogenic forms of diabetes.<sup>1,2</sup> “The causes are embedded in a complex societal framework that determines behaviour and environmental influences interacting with complex genetic and epigenetic systems.”<sup>3</sup> Rate of loss of glycaemic control on lifestyle alone or with metformin monotherapy is three to fourfold higher in adolescents with T2D than published rates in adults.<sup>4</sup>

More rapid progression of complications is also seen in youth with T2D. Poor management of T1D in adolescents include family conflict about diabetes, depressive symptoms, diabetes distress and low socioeconomic resources.

Protective skills include confidence and a positive attitude to handling diabetes-related challenges, seeking and receiving appropriate help from family and healthcare providers. Building diabetes strengths in adolescents may improve outcomes.

This Gem has been checked by Dr Rinki Murphy, Diabetes Specialist.

### References:

1. Editorial. Adolescents with diabetes. (2015). [Click here](#)
2. Care of diabetes in children and adolescents: controversies, changes, and consensus. (2015). [Click here](#)

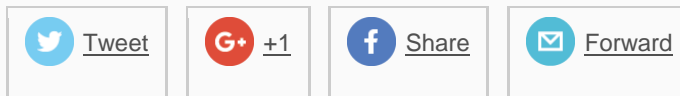
3. The worldwide epidemiology of type 2 diabetes mellitus—present and future perspectives. (2012). [Click here](#)
  4. Youth-Onset Type 2 Diabetes Consensus Report: Current Status, Challenges, and Priorities. (2016). [Click here](#)
- 

**Red Whale GP Update has landed in NZ!** [Register now as places are limited](#)  
**Sexuality & Intimacy live event, 27& 28 June 2018.** [Register now](#)

[Click here](#) to view more **Gems**

This Gem is supported by Pharmac

**PHARMAC**  
Pharmaceutical Management Agency



*If this email was forwarded to you and you would like to automatically receive Goodfellow Ge.*  
[Click here.](#)

Copyright © 2018 Goodfellow Unit, All rights reserved.

You are receiving this email because you opted in when you joined [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit

Bldg 730, Tamaki Innovation Campus

261, Morrin Road, St Johns

Auckland, Auckland 1072

New Zealand