Catherine Peters

Cystic Fibrosis Related Diabetes (CFRD) contributes to morbidity and mortality in Cystic Fibrosis (CF). The UK CF registry reports that 12% of 10-15 year olds with CF are currently receiving treatment for CFRD and this rises to 34% in adulthood. The management of this condition can be challenging as there is often a prolonged period of glucose dysregulation which can be more pronounced during acute and chronic exacerbations of CF related disease. Screening guidelines for CFRD recommend starting from 10-12 years of age and the gold standard screening test has traditionally been the oral glucose tolerance test.

It is clear that appropriate management of CFRD can significantly reduce morbidity and mortality and the earlier use of insulin in young people with glucose dysregulation has increased. Continuous glucose monitoring (CGM) has been helpful in identifying early glucose dysregulation and in shaping insulin management decisions.

The presentation will discuss the pathophysiology and progression of glucose dysregulation to CFRD with loss of beta cell function and the management options. Case examples will be used to illustrate management decisions in common clinical scenarios.