

Type 2 diabetes: insights from the adult clinic

Type 2 diabetes (T2D) is still uncommon in young children, but is increasingly seen in the second decade of life. Young-onset T2D is associated with adverse vascular outcomes and should not be considered a “mild” form of diabetes. Lifestyle changes, particularly weight loss, are the mainstay of initial management, but these are often not effective in reaching target HBA1c. Many paediatricians are unfamiliar with the non-insulin therapies commonly used by adult diabetologists and these drugs are rarely studied in younger people.

This presentation will discuss some of the challenges of young-onset T2D and suggest how treatment guidelines and evidence may apply to younger patients.