

PRACTICAL PEARL: T2DM Screening

<p>INTRODUCTION</p>	<ul style="list-style-type: none"> • Childhood obesity is a serious health problem, putting children at risk for significant co-morbidities such as T2DM, HTN, NASH, Dyslipidemia and later CVD. • Obesity is defined as BMI >95thile for gender and age. • Children and adolescents with obesity should be screened for metabolic co-morbidities: <ol style="list-style-type: none"> 1. Fasting Plasma Glucose (FPG) or HbA1c 2. Fasting lipid profile or non-fasting Total Cholesterol and HDL 3. LFTs (ALT, AST, GGT) <p>NOT RECOMMENDED: Insulin level and thyroid function tests</p> <p>https://www.frontiersin.org/articles/10.3389/fped.2018.00431/full</p>
<p>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE AND WHEN TO REFER</p>	<ul style="list-style-type: none"> • IF HbA1c 5.7-5.9%: <ol style="list-style-type: none"> 1. Encourage lifestyle modifications, weight loss 2. Repeat every 3-6 months 3. Refer to weight management if family exhibits interest and commitment • IF FPG 100-125 mg/dl or HbA1c 6.0-6.4%: <ol style="list-style-type: none"> 1. Encourage lifestyle modifications, weight loss 2. Refer to prediabetes clinic within 3 months 3. Consider OGTT: if glucose >200 mg/d, refer to prediabetes clinic within 1 month • IF FPG ≥126 mg/dl or HbA1c ≥6.5%: <ol style="list-style-type: none"> 1. Confirm diabetes with second test if no symptoms 2. If symptoms (polyuria/polydipsia) of diabetes, urgent referral to Endocrine's T2 diabetes clinic 3. If second test does not confirm diabetes, encourage lifestyle modification and weight loss, refer to prediabetes clinic within 1 month
<p>HOW TO REFER</p>	<ul style="list-style-type: none"> • (413) 794-KIDS
<p>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S ENDOCRINE TEAM</p>	<ul style="list-style-type: none"> • Complete evaluation of obesity and confirmation of prediabetes or T2DM • Nutrition counseling • Behavioral health counseling • Medical intervention (Metformin, other approved new drugs) based on diagnosis, shared decision-making with family