EPIDEMIOLOGY, RISK FACTORS AND CLINICAL CHARACTERISTICS OF TYPE 1 DIABETES AMONG HOSPITALIZED CHILDREN IN URMIA –IRAN

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INTRODUCTION: Type 1 diabetes, the most common form of diabetes in childhood, is an autoimmune disease in which both genetic and environmental factors play roles in the etiology. The aim of this study was to determine some risk factors and clinical presentions of type 1 diabetes in Urmia.

MATERIAL AND METHODS: This is a descriptive epidemiological study using a retrospective hospital registry. All children admitted in an educational hospital were enrolled in this study. Data on age, sex, family history, nutritional risk factors (cow milk feeding), and primary clinical presentation were collected.

RESULTS: A total of 360 cases were identified. the overall age-adjusted incidence rate was 19.8/100,000/year .The most affected age was the 10- to 12-year-old group. The most common clinical presentation was abdominal pain and vomiting. Female gender association was higher than male. 45% of patients had a positive family history and 51% of them had been nourished with cow's milk. The mortality rate was 15%.

CONCLUSION: The availability of good markers of clinical and paraclinical type 1 diabetes and of environmental risk factors can be a cornerstone for good control of type1 diabetes in the society.

Keywords: diabetes, risk factors, epidemiology