

'Complication Screening'

Information for Young People

Eye, nerve and kidney disease are complications of diabetes. Complications are not something that just happens in the oldies, they can also happen to young people with diabetes. Pretty scary hey! Well it doesn't have to happen to you.

There is good evidence that by keeping your diabetes under control you can reduce the chances of this happening at all. The other **good news** is that by having regular checks (complication screening) by your doctor any early signs of problems can be treated. Sometimes this means that early problems can be **reversed** and others can be **prevented from progressing** any further.

Important: If you are not attending a diabetes specialist, then ask your GP to arrange these tests. Either print this fact sheet or download the 'Complications Screening' card in the Complication Screening section of this website. If any of the tests are positive your GP should refer you to a diabetes specialist immediately.

Type 1 Diabetes - When to Start Screening?

Complication screening in young people with Type 1 diabetes should start once they have started puberty and have had diabetes for at least 2 years. In younger children (pre-puberty) screening should start once they have had diabetes for 5 years. Screening can also detect some medical problems that are more common in young people with Type 1 diabetes, like Thyroid and Coeliac Disease.

What Screening Tests are Done?

The table below outlines what tests need to be done and when.

What Should be Done?	How Often?		
	At Diagnosis	Every 3 Month Visit	Yearly & Other (Every)
Measurement of: <ul style="list-style-type: none">- Weight & Height- Blood Pressure	✓ ✓	✓ ✓	
Blood Tests for: <ul style="list-style-type: none">- HbA_{1c}- Coeliac Disease- Thyroid Disease	✓ ✓ ✓	✓	2 years 2 years
Blood test for: <ul style="list-style-type: none">- Lipid Disorders	✓*		If normal, then every 2 years
Examination of: <ul style="list-style-type: none">- Eyes- Kidneys (urine test)- Feet	✓ ✓		✓** ✓ ✓***

* Screening for Lipid Disorders should commence within 6 – 12 months of diagnosis

** If fundal photography is used, then every 2 years

*** Yearly if HbA_{1c} is over 9%

Visit the Sweet Transition website at www.sweet.org.au

Type 2 Diabetes -When to Start Screening?

Complication screening in young people with Type 2 diabetes should start when they are first diagnosed.

What Screening Tests are Done?

The table below outlines what tests need to be done and when.

What Should be Done?	How Often?		
	At Diagnosis	Every 3 Month Visit	Yearly & Other (Every)
Measurement of: - Weight & Height - Blood Pressure	✓ ✓	✓ ✓	
Blood Tests for: - HbA _{1c} - Lipid Disorders	✓ ✓	✓	✓
Examination of: - Eyes - Kidneys (urine test) - Feet	✓ ✓ ✓		✓* ✓ ✓

* If fundal photography is used, then every 2 years

These screening tools are also available by contacting the Mater Children's Hospital in Brisbane.

Website

For more information on diabetes control visit the Queensland Government Diabetes Care Website: Module 4: Monitoring and Control
www.workingwonders.com.au/rchsubsites/diabetes26042005/html/m_05..htm

Reference/s:

1. Stillman, J., Lang, E., Grieve, C., (2003) *Paediatric and Adolescent Diabetes Education Manual*, For Health Professionals. Queensland Health, Queensland Government Publication. Module 5
2. Australasian Paediatric Endocrine Group for the Department of Health and Aging: Clinical Practice Guidelines: Type 1 diabetes in children and adolescents. National Health and Medical Research Council (NHMRC), Australian Government, March, 2005