The Prevalence of Double Diabetes (DD) in Children and Adolescents in Qatar

Ashraf Soliman, Fawzia Alyafei, Fawziya Alkhalaf, Aml Sabt, Nagwa Elsayed, Reem wassef.
Department of Pediatrics, Hamad Medical Center, P O Box 3050, Doha, Qatar

Introduction
The incidence of both type 1 (T1DM) and type 2 diabetes (T2DM) has shown a rise in Qatar in parallel with a notable increase in the incidence of a new expression of the disease in children and adolescents, with the characteristics of a mixture of the two types of diabetes and referred to as 'double diabetes' (DD). Insulin resistance and obesity, together with the presence of markers of pancreatic autoimmunity - namely, autoantibodies to islet cell antigens - typically define this condition. The prevalence of obesity in children and adolescents in Qatar is one of the highest in the world. In addition, a high rate of consanguineous marriage is reported in Qatar.

The aim of this study was to determine the prevalence of DD among children aged 6 months: 14 years in a large cohort of children with Diabetes attending the Diabetes Centre, Hamad General Hospital, Doha, Qatar.

Methods and Materials
This was a cross-sectional descriptive study to determine the prevalence of double diabetes in obese diabetic children with acanthosis nigricans (AN) and family history of metabolic syndrome with normal C peptide level (> 2 ng/ml) with the presence of beta cell autoimmunity (Anti GAD, anti-islet cell and anti-insulin antibodies) in a large cohort of children and adolescents (aged 2-16 years) with DM (n = 450) investigated at their first presentation at Hamad General Hospital Diabetes Center, Doha, Qatar (2012-2016).

Results
Out of 450 diabetic children, 59 had T2DM. Out of those 14 had obesity with AN, family history of metabolic syndrome and normal C peptide level the characteristics of DD with autoantibodies against beta cells.

Prevalence of DD in T1DM and T2DM in children

Discussion
The high prevalence of obesity in children and adolescents in Qatar appears to result in this new expression of diabetes mellitus designated as DD.

The entity encompasses the autoimmune load of T1D and the metabolic load of T2D.

There is no consensus on the best therapeutic modality for this new expression.

Conclusions
Double diabetes has a frequency of 23.7% in our children and adolescents with T2DM.

Optimum therapeutic options must address the coexistence of both metabolic and autoimmune components of diabetes mellitus in these patients.

Contact
Ashraf Soliman MD PhD FRCP
Department of Pediatrics
Hamad General Hospital
Doha, Qatar,
Atsoliman@yahoo.com