Longitudinal Auxological Recovery and Reduced Neurodevelopmental Problems in Patients with Congenital Hyperinsulinism

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Background:
- Congenital Hyperinsulinism (CHI) is the most common cause of severe and recurrent hypoglycaemia in childhood.
- CHI can be categorised as focal or diffuse disease.
- There are few descriptions of the natural history of CHI and most follow-up studies have focused on neurodevelopmental outcomes and time to resolution.
- Most studies focus exclusively on genetically confirmed CHI despite evidence that neurological outcomes are just as devastating in those with non-genetic, transient disease.
- Other than descriptions of increased birth weight, there is little descriptive work on the auxology of patients with CHI.
- A few studies allude to normative height and growth rate but without providing longitudinal data.

Aims:
1. Review longitudinal auxology of patients with CHI
2. Review outcomes of disease resolution and neurodevelopmental status in a longitudinal cohort of patients with CHI
3. Assess diazoxide as a prognostic marker for CHI

Methods:
- All patients treated for CHI in our centre over a three-year period from 2011 to 2013 were included if hyperinsulinism persisted beyond 4 weeks.
- Those secondary to gestational diabetes were excluded.
- Resolution was defined as having undergone an age appropriate fast off medication with no hypoglycaemia.
- Height, weight and medication were reviewed at 6-12 monthly intervals until 60 months of age.
- Neurodevelopmental problems were classified as none, some or severe and were assessed at 60 months of age.
- Standard Deviation Scores (SDS) were calculated for height and weight.

Results:

AUXOLOGY PROFILES
- Ten patients were excluded from longitudinal weight analysis and 18 from height analysis due to insufficient data.

NEURODEVELOPMENTAL OUTCOMES:
- At five years only 11 patients (15%) had neurodevelopmental delay
- This was mild in 10 patients (mild cognitive delay or learning difficulties) and severe in one patient.
- Neither genetic status nor focal vs diffuse CHI had any impact upon neurodevelopmental outcomes.

DIAZOXIDE AS A PROGNOSTIC MARKER:
- Mean initial diazoxide dose (mg/kg/day) was higher in those with persistent vs transient disease at 6 months (8.0 vs 5.6, P = 0.007) and 5 years (9.4 vs 6.4, P = 0.015).
- A cut-off maximum dose of diazoxide of >5mg/kg/day vs <=5mg/kg/day showed good prediction for persistent disease:
  - At 6 months 62% vs 32%, P = 0.015
  - At 5 years 27% vs 7%, P = 0.02

Resolution of CHI:
- Spontaneous resolution was achieved in:
  - 19 patients (27%) by 3 months of age
  - 60 patients (86%) by 5 years of age
- Seven of eight patients who underwent surgery achieved resolution
- Those born SGA had a lower chance of persistent disease:
  - At 6 months (29% vs 38%, P = 0.009)
  - At 5 years (0% vs 23%, P = 0.12)

Patient characteristics:
- Seventy patients with confirmed CHI were enrolled into the study. Natural history outcomes are shown in Fig 1.
- 68 (97%) were diagnosed in the neonatal period with fourteen (20%) demonstrating genetic mutations.
- Six patients underwent curative lesionectomy and two required subtotal pancreatectomy
- Mean insulin at diagnosis was 73pmol/L at a plasma glucose of 1.6mmol/L (29mg/dL)
- All patients received diazoxide as a first line treatment.

Discussion:
- We have provided the first report of the natural history of CHI with regards to auxology and medication.
- Contrary to typical descriptions of CHI patients being born large for gestational age, we found an appropriate birth weight (+0.4 SDS) in those not SGA.
- In the context of often supraphysiological glucose requirements we did not see excessive weight gain in our patient cohort.
- Height was very well preserved in CHI patients indicating that early life management does not impact upon growth.
- Our cohort had a very low level of neurodevelopmental problems. While this may be due to a high number of transient cases, previous studies do not suggest this is protective.
- In the absence of disease severity markers, predicting outcomes can be very challenging.
- We have shown that a maximum dose of diazoxide <5mg/kg/day as well as being born SGA are positive prognostic factors and predict disease resolution at both 6 months and 5 years.

References:

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