

Bukata A. D., Konchits D. S.

DIABETES MELLITUS IN CHILDREN

Scientific supervisor senior teacher Menjinskaya-Voitova A. V.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Diabetes mellitus is a global problem of humanity. Incidence statistics are growing every year. It is a real threat due to early disability and high mortality from vascular catastrophes. This illness is a chronic endocrine system disease characterized by elevated level of blood sugar. It is a metabolic disease, which may cause serious complications such as damage of the heart, kidneys, nerves, blood vessels. People with diabetes need access to affordable medicines, including insulin, that save their lives. Diabetes in children is often misdiagnosed as some other condition – asthma, urinary tract infection, malnutrition, tuberculosis, or meningitis. Nowadays, about 422 million people suffer from diabetes in the whole world and 1.5 million people die from this disease every year. The morbidity of diabetes mellitus and its prevalence have grown dramatically worldwide.

Children with type 1 diabetes show accelerated growth and overweight. There is mild dehydration and a very noticeable hyperglycemic syndrome. The age limit of children suffering from diabetes has changed to preschool, toddler and even infants. Two limits of morbidity were identified - 5-7 years and 10-12 years. In scientific literature new types of diabetes are described: hybrid type of diabetes, then LADY (latent autoimmune diabetes in young), LADA (latent autoimmune diabetes in adults), and fulminant type 1 diabetes. The incidence of type 1 diabetes in children varies markedly in different countries. According to statistics, Scandinavian countries (Sweden, Norway, Finland, Denmark) suffer most of all from this disease. From 2.5 to 15% of the annual health budget in different countries is spent for fighting diabetes, and indirect costs exceed these figures by 5 times. The active introduction of new measures for the prevention and treatment of this disease is necessary to improve the quality of life of patients and to reduce the economic costs of the state for providing assistance to people suffering from diabetes. WHO has published economic statistics showing that \$1 invested in prevention saves \$20 spent on treatment. Nowadays, type 1 diabetes cannot be prevented.

There is a number of factors that influence the development of type 2 diabetes mellitus. The most essential factor is lifestyle commonly associated with urbanization — consumption of unhealthy food and inactive lifestyle with sedentary behavior. The prime cause of all type of infections is the decreased immunity of body cells due to their inability to absorb glucose. Insulin is a common medication used in type 1 diabetes treatment. The drugs used for treatment of type 2 diabetes include: Metformin, Sulfonylureas, Meglitinides, Thiazolidinediones, DPP-4, inhibitors GLP-1, receptor agonists, SGLT2 inhibitors, and also Insulin. Type 2 diabetes can be prevented. Everyone can live a healthy and long life by following a healthy lifestyle, regular checkups, and proper medication.