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Study gives new hope to diabetes sufferers

Retinopathy is a leading cause of blindness in diabetes sufferers but due to the trend in intensively managing glucose levels there has been a marked decrease in cases of retinopathy in adolescents with Type 1 diabetes, a study led by Professor Kim Donaghue from Kid's Research Institute has shown.

Retinopathy was found in approximately half of adolescents who had type 1 Diabetes in the early 1990s, compared with only 12 percent in recent years (2005-2009)

" This is wonderful news for children living with type 1 diabetes, their families and health professionals" said lead researcher Kim Donaghue, MBBS, PhD, FRACP, Professor at the University of Sydney and Head of the Diabetes Service at The Children's Hospital at Westmead in Sydney, Australia.

The observational trial followed 1,604 patients who had lived with Type 1 Diabetes for at least five years and were being treated with Subcutaneous Insulin Infusion (SCII) and Multiple Daily Injections (MDI) of insulin.

As a result of over 2000 health assessments over 20 years, researchers were able to confirm an association between intensive blood glucose management, improved glycaemic control and reduced incidences of retinopathy without an increase in severe hypoglycaemia. .

The study was published in Diabetes Care, published by the American Diabetes Association, is the leading peer reviewed journal of clinical research into diabetes. It was then reported on in The Wall Street Journal.