

Academic Skills in Children with Early-Onset Type 1 Diabetes: Effects of Diabetes-related Risk Factors

Thesis

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This work is dedicated to . . .

My beloved father, to whom I owe everything I ever did in my life and will achieve

My mother for always being there for me

My brother (Sherif) and my sister in law (Dina) for their support

Last but not least, my husband (Amr) and my lovely daughter (Mour) for being the light of my life





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List of Contents

Title	Page No.
List of Tables	i
List of Figures	iii
List of Abbreviations	vi
Abstract	viii
Introduction	1
Aim of the Work	3
Review of Literature	
▪ Diabetes Mellitus	4
▪ The Effect of Glycemic Extremes on the Structural and Functional Integrity of Developing Brain.....	37
▪ Cognition in Children and Adolescents with Type 1 Diabetes.....	53
Patients and Methods	62
Results	72
Discussion	102
Summary	109
Conclusion.....	112
References	113
Arabic summary	

List of Tables

Table No.	Title	Page No.
Table (1):	Etiological classification of diabetes mellitus.....	5
Table (2):	The clinical and biological characteristic of different subtypes of type 1 diabetes.....	9
Table (3):	Summary of the differences between type 1 and type 2 diabetes.....	11
Table (4):	Showing the criteria for the diagnosis of diabetes:.....	12
Table (5):	Comparison between different types of insulin.	29
Table (6):	Structural abnormalities of the brain associated with diabetes	42
Table (7):	Summary of published neuroimaging papers examining the relationship between a history of severe hypoglycemia or hyperglycemia exposure and brain structure and function in youth with type 1 diabetes	47
Table (8):	Articles on cognitive effects of T1DM.....	59
Table (9):	Description of the studied group.....	73
Table (10):	Distribution of Diabetic patients according to their HbA1c.....	76
Table (11):	Descriptive data for type 1 diabetic patients and control groups as regards Benton visual retention test, Wechsler Intelligence scale and Wisconsin card sorting test.	77
Table (12):	Comparison between diabetic patients group and control group regarding Benton visual retention test.	78
Table (13):	Comparison between diabetic patients group and control group regarding Wechsler intelligence scale test.....	80
Table (14):	Comparison between diabetic patients group and control group regarding Wisconsin card sorting test.	83
Table (15):	Comparison between poor glycemic controlled and good glycemic controlled regarding Benton visual retention test.....	84

List of Tables (cont...)

Table No.	Title	Page No.
Table (16):	Comparison between poor glycemic controlled and good glycemic controlled regarding performance subscales.....	86
Table (17):	Comparison between poor glycemic controlled and good glycemic controlled regarding Wisconsin card sorting test	89
Table (18):	Comparison between males and females of the patients group regarding Benton visual retention test, Wechsler intelligence scale test and Wisconsin card sorting test.....	90
Table (19):	Correlation between age of onset of diabetes and cognitive functions tests.	91
Table (20):	Comparison between frequency of attacks of hypoglycemia regarding Benton visual retention test.....	95
Table (21):	Comparison between frequency of attacks of hypoglycemia regarding Wechsler intelligence scale.....	96
Table (22):	Comparison between frequency of attacks of hypoglycemia regarding Wisconsin card sorting test.....	97
Table (23):	Comparison between frequency of attacks of DKA regarding Benton visual retention test	98
Table (24):	Comparison between frequency of attacks of DKA regarding Wechsler intelligence scale.	99
Table (25):	Comparison between frequency of attacks of DKA regarding Wisconsin card sorting test.....	101

List of Figures

Fig. No.	Title	Page No.
Figure (1):	The pathogenesis of islet cell destruction.....	7
Figure (2):	Illustrating the Physiopathology of type 1 diabetes mellitus	8
Figure (3):	DKA management	20
Figure (4):	Syringe and needle	30
Figure (5):	Disposable insulin pen.....	30
Figure (6):	Refillable insulin pen	30
Figure (7):	Disposable insulin device with large dial	30
Figure (8):	Insulin pump, showing an infusion set loaded into spring- Loaded insertion device.....	30
Figure (9):	Insulin pump attached to its user with an infusion set	31
Figure (10):	Islet cell transplantation.....	33
Figure (11):	The Bio-artificial pancreas.....	34
Figure (12):	Gene therapy using an adenovirus vector.....	35
Figure (13):	Schematic representation of the known normal trajectory of whole brain glucose consumption, and whole brain white and gray matter volume during childhood and adolescence	38
Figure (14):	Schematic representation of brain regions in young individuals with type 1 diabetes mellitus.....	41
Figure (15):	The prevalence of brain atrophy with increasing age as demonstrated by MRI.....	43
Figure (16):	Common asymptomatic neurological abnormalities observed with MRI inpatients with type 1 diabetes.....	44
Figure (17):	Schematic representation of regions of interest in the brain in a neuroanatomical template used for transaxial slices at the level of the basal ganglia, examining cerebral blood flow	52

List of Figures (cont...)

Fig. No.	Title	Page No.
Figure (18):	Diagram indicating the sensitivity of regions of the brain to acute neuroglycopenia.....	52
Figure (19):	Possible causes of central nervous system changes in type 1 diabetes.	58
Figure (20):	Gender distribution among patients group.....	74
Figure (21):	Frequency of Hypoglycemic attacks among Type 1 Diabetics.....	74
Figure (22):	Frequency of DKA attacks among Type 1 Diabetics.....	75
Figure (23):	Distribution of Diabetic patients according to their HbA1c.	76
Figure (24):	Comparison between diabetic patients group and control group regarding Benton visual retention test.	78
Figure (25):	Comparison between diabetic patients group and control group regarding performance subscale.....	80
Figure (26):	Comparison between diabetic patients group and control group regarding verbal subscale.....	81
Figure (27):	Comparison between diabetic patients group and control group regarding verbal IQ, performance IQ and total IQ.	81
Figure (28):	Comparison between diabetic patients group and control group regarding Wisconsin card sorting test.....	83
Figure (29):	Comparison between poor glycemic controlled and good glycemic controlled regarding Benton visual retention test.....	84
Figure (30):	Comparison between poor glycemic control and good glycemic control regarding performance subscale.....	86
Figure (31):	Comparison between poor glycemic control and good glycemic control regarding verbal subscale.....	87

List of Figures (cont...)

Fig. No.	Title	Page No.
Figure (32):	Comparison between poor glycemic controlled and good glycemic controlled regarding verbal IQ, performance IQ and total IQ.	87
Figure (33):	Correlation between Age of onset and obtained error score.....	92
Figure (34):	Correlation between Age of onset and obtained correct score.....	92
Figure (35):	Correlation between Age of onset and verbal IQ, performance IQ and total IQ.	93
Figure (36):	Correlation between age of onset and total correct, percentage of error and preservative responses.....	94
Figure (37):	Comparison between frequency of attacks of DKA regarding Benton visual retention test	98
Figure (38):	Comparison between frequency of attacks of DKA regarding Wechsler intelligence scale.	99

List of Abbreviations

Abb.	Meaning
ADA	American diabetes association
Cho.....	Choline
CNS.....	Central nervous system
Cr	Creatine
CRP.....	C-reactive protein
DCCT	Diabetes control and complication trial
DKA	Diabetic ketoacidosis
ECS	Expected correct score
EDIC	Epidemiology of diabetes interventions and complications
EES	Expected error score
FBG.....	Fasting blood glucose
GADA.....	Glutamic acid decarboxylase
Glc.....	Glucose
HbA1C	Glycated hemoglobin
HHS	Hyperglycemic hyperosmolar state
HLA	Human leukocyte antigen
HNF-4.....	Hepatocyte nuclear factor
IAA.....	Insulin auto –antibodies
ICA.....	Islet cell cytoplasmic auto- antibodies
IDF.....	International diabetes federation
Ins	Myo-inositol
KCNJ11 (Kiro 6.2):	Inward-rectifier potassium ion channel gene
MHC	Major histocompatibility complex
MODY.....	Maturity onset diabetes of the young
MRBG.....	Mean random blood glucose
MRI.....	Magnetic resonance imaging
MRS	Magnetic resonance spectroscopy
NAA	N- acetyl aspartate
NEFA.....	Non esterified fatty acids
Neuro D1	Neurogenic differentiation

List of Abbreviations (cont...)

Abb.	Meaning
NGSP	National glycohemoglobin standardization program
NKT	Natural killer T cells
OCS.....	Obtained correct score
OES.....	Obtained error score
OGTT	Oral glucose tolerance test
PIQ.....	Performance IQ
PPG.....	Post prandial glucose
SMBG	Self-monitoring of blood glucose
SPET	Single photo emission tomography
T1DM.....	Type 1 diabetes mellitus
TAG.....	Triacylglycerol
TDD	Total daily dose
Th.....	T helper cells
TIQ.....	Total IQ
VIQ.....	Verbal IQ
WCST.....	Wisconsin card sorting test
WISC.....	Wechsler intelligence scale

Abstract

Background: Diabetes Mellitus has a marked effect on brain function and structure in children and adolescents. Cognitive dysfunction should be listed as one of the many complications of diabetes, along with retinopathy, neuropathy, nephropathy, and cardiovascular.

Objective: To determine the effect of diabetes –related risk factors on cognitive functions in children with Type 1 Diabetes Mellitus.

Subjects and Methods: A total of 50 children and adolescents with T1DM with mean age (11.76 ± 1.95) compared to 25 healthy controls age and sex matched. Patients were subdivided into 2 groups according to their glycated hemoglobin with mean HbA1c $8.42\pm 1.89\%$ (group 1: HbA1c more than 7.5%, group 2: HbA1c less than 7.5%). Patients were subjected to full history taking regarding (age of onset, insulin therapy, no. of attacks of hypoglycemia and diabetic keto acidosis).

Results: There was a positive correlation between the age of onset of diabetes and cognitive dysfunction, the earlier the age the more cognitive dysfunction (p less than 0.05), significant difference was found between poor glycemic controlled patients and good glycemic controlled patients (p less than 0.05), a correlation was found between patients with history of one or more attacks of DKA and patients with no history of DKA attack (p less than 0.05), no correlation was found between frequency of attacks of hypoglycemia and cognitive functions affection.

Conclusion: Patients with T1DM have been found to have cognitive deficits that can be attributed to their disease. Early age onset, poor glycemic control and DKA is an important risk factor.

INTRODUCTION

Type 1 diabetes (T1D) is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. It occurs when the body's immune system attacks and destroys the insulin-producing cells in the pancreas, called beta cells, scientists believe that both genetic factors and environmental triggers are involved (*Canivell and Gomis, 2014*).

An association between early-onset type 1 diabetes mellitus (T1DM) "before the age of 5 years" and cognitive and neural dysfunction has been demonstrated. However, the mechanism underlying deficient neurodevelopment remains unclear. Hypotheses have been proposed concerning the effect of extreme levels of plasma glucose on brain metabolism and neural functioning. The timing of the metabolic insult in a child's development seems to be an important predictor of the outcome (*Northam et al., 2010, Desrocher et al., 2004*).

Children with an earlier onset of T1DM have lower cognitive and academic skills than those with "after the age of 5 years" T1DM or healthy children (*Gaudieri, 2008*). In addition to the early onset of T1DM, several risk factors, in particular severe hypoglycaemia and prolonged hyperglycemia have shown to affect cognitive development (*Perantie et al., 2008*).

Poor glycaemic control in the 1st year of type 1 diabetes is associated with poorer academic skills indicating the effect of the timing of metabolic aberrations on the cognitive development (*Hannonen, 2012*).

AIM OF THE WORK

The study aims to assess the effects of diabetes-related risk factors on the cognitive development of children with an early-onset type 1 diabetes mellitus (T1DM).