

The Cystic Fibrosis Diabetes Study:

Dr. Stephen O' Riordan

The study is moving along and to date we have 90 children recruited. Of these we have successfully completed 40 paired OGTT and CGMS assessments on the CF children.

We presented the initial findings of the first 6 at the ISPAD-International Society for Paediatric Adolescent Diabetes in Krakow in early September and it was well received. It seems no one else in the world has the detailed data we are collecting on CF children as regards their status of glucose intolerance and Diabetes.

The long awaited research nurse is now in place. As regards the dietary advice, none will be given until all are screened we wish to establish the current dietary practices before and after screening. At baseline and after 12months a food frequency questionnaire will be collected and a 3-4 day food diary is collected while on the CGMS monitor.

The study hopes to provide the prevalence of Diabetes, pre-diabetic and non-diabetics in CF children in Dublin. We hope with diet and healthy living guidelines many of the pre-diabetic children will return to normal. In addition, we hope to establish the best insulin therapy which can boost the well being and quality of life of life in those with diabetes. Finally, we hope to advance the care of CF children with and without diabetes in Ireland.

All the families and especially the children are brilliant. I would like take this opportunity to sincerely thank the families and children who have co-operated to date in the CF diabetes study.