

Our Children's hospital Paediatric clinic offers comprehensive evaluation, treatment, education, management and care to children with Diabetes and endocrine disorders.

Our clinic provides expert diagnosis, treatment and management of Type 1 and Type 2 diabetes as well as endocrine conditions for children of all ages.

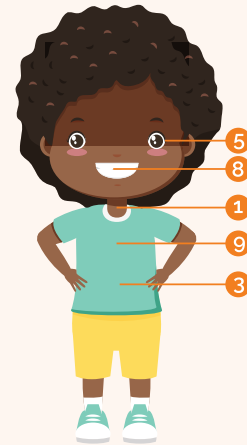
WHAT IS DIABETES?

Diabetes mellitus is a condition which affects your body's ability to produce or use insulin. Insulin is a hormone produced by the pancreas. It helps to control blood sugar by enabling the cells of the body to take in glucose from the blood.

There are many types of Diabetes. The most common types are type 1 and type 2 Diabetes.

Type 1 Diabetes is commonly diagnosed in children and teenagers.

In Type 1 Diabetes, the pancreas, does not produce insulin. This causes the amount of blood glucose/sugar to be high.



SIGNS AND SYMPTOMS OF DIABETES

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|---|---|
| 1. Increased thirst (For breastfeeding babies, it may appear as if breast milk is not sufficient) | 5. Blurred vision |
| 2. Frequent urination (For babies, they may require more than usual diaper changes. Bedwetting may also occur in previously toilet trained children) | 6. Unexplained weight loss (For babies, not gaining weight is a common occurrence) |
| 3. Extreme hunger | 7. Irritability |
| 4. Fatigue | 8. Fruity breath from the mouth |
| | 9. In extreme cases, laboured breathing may occur |

SEE YOUR DOCTOR IF:



You are due for your appointment



You are feeling unwell



You have abdominal pain/vomiting



Your blood sugar level is persistently above 13.0mmol/L



You have Ketones in your blood



You are sick and can't keep any food or fluids down



Your blood glucose levels are persistently above 13.3 mmol/L

SIGNS AND SYMPTOMS OF LOW BLOOD SUGAR (HYPOGLYCAEMIA)



Shakiness and dizziness



Sweating



Blurred vision



Hunger



Fast heartbeat



Inability to concentrate and confusion



Irritability or moodiness



Anxiety or nervousness



Headache

Signs and symptoms of severe hypoglycaemia include:

1. Clumsiness or jerky movements
2. Inability to eat or drink
3. Muscle weakness
4. Difficulty speaking or slurred speech
5. Drowsiness
6. Confusion
7. Convulsions or seizures

If you are with someone who loses consciousness or can't swallow due to low blood sugar:



Don't inject insulin, this will cause blood sugar levels to drop even further



Don't give fluids or food, these could cause choking



Call emergency services for immediate treatment

SIGNS AND SYMPTOMS OF ENDOCRINE DISORDERS

If you feel that your child is suffering from any of these issues, book an appointment with our Paediatric Endocrinologist today.

- Growth problems
- Early or delayed puberty
- Short stature
- Weight issues such as poor weight gain or excess weight gain
- Rickets
- Ambiguous genitals
- Menstrual disorders
- Disorder of the testes

Our Paediatric Diabetes and Endocrine Clinic is located at the M.P. Shah Children's Hospital Second Floor.

THE CLINIC OPENS

Every Friday from 2:00 pm – 4:30 pm.

TO BOOK AN APPOINTMENT

Call 020 429 1000 / 722 or email: clinics@mpshahhosp.org

