

EPIDEMIOLOGY: FACTS ON DIABETES

As with many things in life – especially medical conditions – all sorts of myths and misunderstandings exist about diabetes. Take our quiz below to see how much you know about it

Can you sort the fact from the fiction? Tick the boxes with your answers and then turn the page to see how you did.

1. Annual incidence rates for childhood diabetes in New Zealand are amongst the highest in the world

True False

4. If I have children when I am older there is no chance that they will get childhood diabetes

True False

2. Childhood diabetes is an inherited condition

True False

5. Girls with diabetes can't have babies

True False

3. There is more chance of my sibling getting diabetes than somebody in the general population


True False

6. Type 1 diabetes is a more serious form of Type 2 diabetes

True False

Turn over the page and see how well you did

THE ANSWERS

<p>1. True</p> <p>Incidence of diabetes is expressed as the number of new cases per year per 100,000 children under the age of 15 years. There are significant variations in the incidence of childhood type 1 diabetes between countries varying from 0.1/100,000 in Fiji to 37.4/100,000 in Finland. Incidence rates in New Zealand are similar to that in Australia ranging from 15-18/100,000. These incidence rates are rising at a rate of approximately 3.2% per year since 1990.</p>	<p>4. False</p> <p>The lifetime risk for offspring of people with type 1 diabetes is 6% (under age of 30). However, type 1 diabetes is transmitted less frequently to offspring of women with diabetes than to those of men with diabetes (1.3% compared with 6.1%). The risk does increase if both parents have diabetes.</p> 
<p>2. False</p> <p>There is no recognizable pattern of inheritance for type 1 childhood diabetes.</p>	<p>5. False</p> <p>Diabetes is not a contraceptive. Men and women with diabetes can have children. Women need to have good metabolic control in early pregnancy - so it is important to try and plan babies.</p>
<p>3. True</p> <p>The risk of diabetes to an identical twin of a child with type 1 diabetes is about 36% compared to a lifetime risk of 6% for a sibling (up to 30 years) and 0.5% for the general population</p>	<p>6. False</p> <p>There is no such thing as "mild" diabetes. Both are serious medical conditions and should be treated as such.</p>

