

Steroid induced diabetes: which metabolic complications?

M. Kechida, M. Ben Nasr, R. Klii, S. Graja, S. Hammami, I. Khochtali

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Internal medicine and endocrinology department, Fattouma Bourguiba Hospital, Monastir, TUNISIA

Introduction :

Steroids are highly prescribed in internal medicine. Monitoring their side effects like steroid induced diabetes is very important. Our aim is to study the metabolic complications of steroid induced diabetes and their etiologies.

Material and methods:

It's a retrospective study of patients diagnosed steroid induced diabetes in an internal medicine department followed from January 2014 and October 2014 un facteur sur ajouté d'HTAP.

Results:

It's about 30 cases of steroid induced diabetes. Clinical manifestations of patients are reported in table 1. metabolic complications and their etiologies are recorded in table 2 and 3 respectively

Table 1: clinical characteristics of patients

Characteristics	Results
Mean age (years)	51
Sex ratio F/M	2
BMI (kg/m ²)	22.4
Mean delay of diagnosis '(months)	7

Table 2: metabolic complications

Complications	Persantage
Hyperglycemia - mean HbA1C	65 14.25
Cetosis	25
ketoacidosis	10

Table 3: etiologies of metabolic complications

Etiologies	Percentage
Infection	14
inadequate food intake and therapeutic non observance	60
high doses of steroids	26

Diabetes was managed with only diet and life style advice in 8%, oral anti diabetics in 42% and definitive insulin therapy in half patients.

Discussion:

It is well known that glucocorticoid therapy may provoke new-onset type 2 diabetes and will invariably worsen hyperglycemia in patients with preexisting diabetes. The mechanism is increased insulin resistance in the face of inadequate insulin secretion. Glucocorticoids are a well-known cause of the hyperosmolar hyperglycemic nonketotic syndrome. In our cohort hyperglycemic complications were 65%. glucocorticoid-induced diabetes frequently require hospitalization for IV hydration and initiation of insulin therapy (in 50% of cases in our cohort)

Conclusion:

Metabolic complications of steroid induced diabetes are especially hyperglycemia due to inadequate food intake and non observance showing the importance of a good dietary advice when prescribing steroids.