

Behavioral Challenges in the Management of Childhood Diabetes

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Abstract

For many individuals, the diagnosis of diabetes is accompanied by the need for significant lifestyle changes, many of which seem difficult or impossible to implement. When diabetes is diagnosed in a child, those lifestyle changes may involve radical alterations in family life and significantly impact the child's normal growth and development as well as the family's social and economic status. This article describes some of the behavioral challenges associated with childhood diabetes and the importance of identifying strong, developmentally appropriate family support. Specific emphases are given to the complexity of the treatment regimens, the physiologic and emotional challenges associated with normal growth and development, and the family's role in ensuring successful diabetes management. Challenges inherent in both type 1 and type 2 diabetes mellitus are discussed as are factors important to ensuring adherence to the treatment plan.

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Abbreviations: (BG) blood glucose, (CSII) continuous subcutaneous insulin infusion, (MDI) multiple daily injection, (SBGM) self-blood glucose monitoring, (T1DM) type 1 diabetes mellitus, (T2DM) type 2 diabetes mellitus

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