

Hormone Disorders

Monogenic Diabetes

Patient's Guide



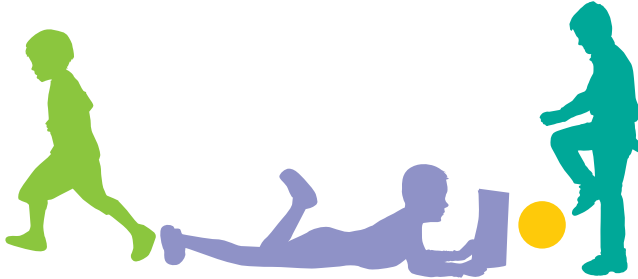
Easy readability



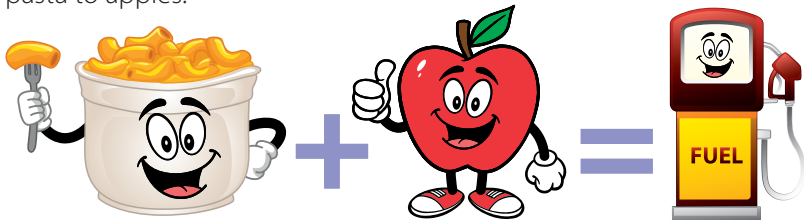
Hello!

Today we'll tell you about **Monogenic Diabetes**. You may think that it sounds a bit difficult, but do not worry! We'll tell you what it means, why it happens and how doctors treat it.

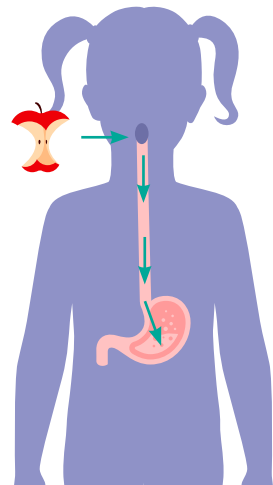
Let's start by talking a little about your body...

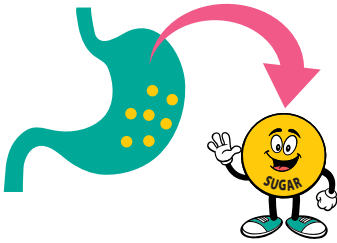


To run, play and study you need a special kind of fuel. This fuel comes from all the different types of food you eat, from pasta to apples.



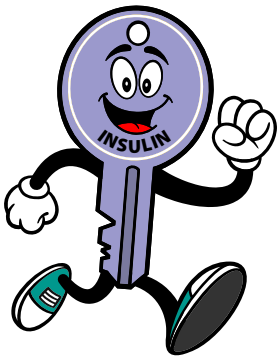
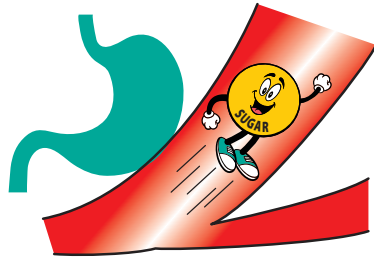
When you eat, food travels down into your stomach.





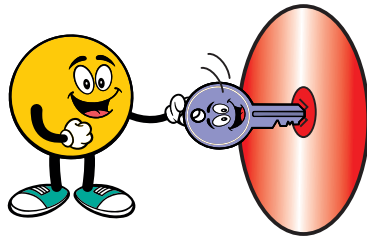
In your stomach the food you've eaten is broken down into even smaller pieces, like fat and sugar. Sugar is the main fuel your body uses.

After sugar leaves your stomach, it goes into your blood. Sugar then travels around your body to feed all the parts, like your lungs, heart and muscles.



But, for sugar to enter all of these parts, it first needs a key.

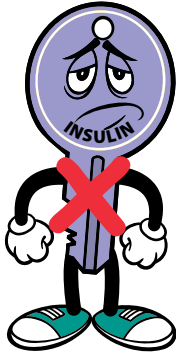
The key sugar needs is called Insulin. Insulin helps you by unlocking all the doors, so sugar can enter and feed each part in your body.





What is Monogenic Diabetes?

Usually, your body is very friendly to Insulin. It allows Insulin to open the doors to all its parts, so sugar can enter.



But when you have Monogenic Diabetes, your body cannot make insulin. This means that sugar cannot go inside. You need something to replace your insulin, or to awake your body that does not make insulin.

Sometimes, your body will never make insulin and you will have diabetes since you are a baby, which is called Neonatal Diabetes.

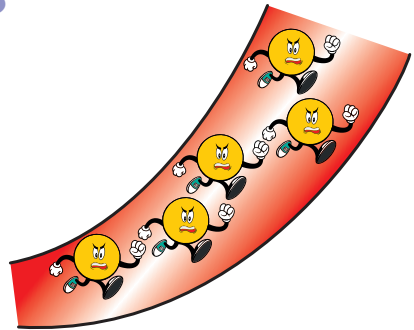
Sometimes, your body will stop making insulin when you are older, and this is called MODY.

Why Monogenic Diabetes dangerous to me?

When you have Monogenic Diabetes, your body is not using sugar anymore. Soon, too much sugar will pile up in your blood.

Having too much sugar in your blood could make you:

- Lots of thirst
- Lots of urination
- Loss of water in your body
- Accumulation of toxins in your body that can hurt you badly.



How is it treated?

To avoid all hurts that can happen, your doctors will give your treatment. It can be pills or insulin.

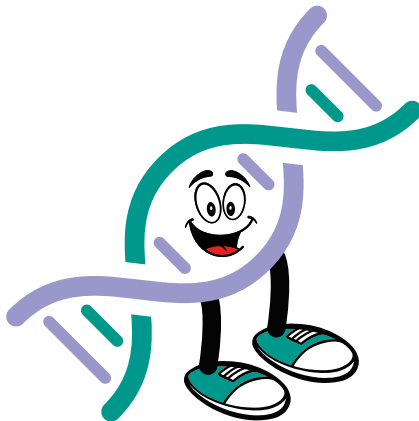
Insulin is given in small amounts by injection. You will feel a slight pinch, but this will not hurt a lot! This injection may come in a fun shape, similar to a pen and in different colors.

You will need to take your medication every day, several times a day.



Why does Monogenic Diabetes happen?

Doctors are like detectives. They look for clues to solve the mystery of why children get Monogenic Diabetes. They will look into your blood for genetic clues. Genetics is the study of how different qualities are passed from parents to children. Sometimes, these qualities will get broken when they pass from parents to children, and this results in Monogenic Diabetes.





Congratulations!

Now you know about monogenic diabetes, why it happens and how it's treated. If you have not understood some things in this leaflet, don't feel shy to ask your doctor or other friendly people in the hospital. They will happily explain these or any other questions you may have.



Monogenic Diabetes

(July 2021)

This leaflet is part of the **Hormone Disorders Series**

The following are also available:

Growth Hormone Deficiency

Puberty and the Growth Hormone Deficient Child

Congenital Adrenal Hyperplasia

Constitutional Delay of Growth and Puberty

Multiple Pituitary Hormone Deficiency

Craniopharyngioma

Intrauterine Growth Retardation or Small for Gestational Age

Hyperthyroidism

Hypothyroidism

Type 2 Diabetes and Obesity

Diabetes Insipidus

The development of these leaflets was funded (as a service to medicine) by Merck. They are based on the original booklets series devised by the UK Child Growth Foundation and the BSPED, and the previous adaptations for easy and average readability levels by ESPE.



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