

# Growth of children with insulin dependent diabetes mellitus Crecimiento en niños con diabetes mellitus insulino-dependiente

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Objective: to determine if height of children at diagnosis of insulin dependent diabetes mellitus (IDDM) is different than in normal children, and if therapy by actual standards promotes normal growth, records of 81 diabetic children were compared to those of a same number of normal age matched controls. Height Z scores at diagnosis were not significantly different in diabetic children [ $+0.05 \pm 1.20$ ] and controls [ $-0.26 \pm 1.04$ ],  $p < 0.06$ . In 45 diabetic children (20 boys) which were followed up for  $6.8 \pm 3.4$  years, height shifted toward smaller Z score values ( $-0.56 \pm 0.23$ ) than those of controls ( $+0.15 \pm 0.77$ ;  $p < 0.03$ ) among boys, but no differences were recorded among diabetic ( $-0.73 \pm 0.63$ ;  $p = 0.53$ ) and non diabetic girls. Final height Z score of diabetic children was lower than at diagnosis ( $p < 0.02$ ), however, on the average, this reduction was mild. Conclusion: height Z scores of children with insulin dependent diabetes mellitus are normal at diagnosis. Growth is afterwards