

**PP-15****CHARACTERISTICS AND EFFECTIVENESS OF DIABETES ONE STOP CLINIC FOLLOW-UP AMONG PATIENTS WITH TYPE 1 DIABETES MELLITUS IN TEMERLOH, PAHANG**

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**INTRODUCTION**

Type 1 diabetes (T1D) is commonly diagnosed during childhood or early adulthood. Dealing with the diagnosis is an overwhelming experience. Apart from glycemic control and prevention of diabetic complications, there is an immense need to address emotional fluctuation, dealing with peer pressure, social acceptance and interpersonal relationship.

**METHODOLOGY**

This study aims to determine T1D patient characteristics and diabetes control, treatment and diabetes self-care practices after enrolling into a Diabetes One Stop Clinic (DOSC) in Hospital Sultan Haji Ahmad Shah, a tertiary hospital in Temerloh, Pahang. All T1D patients attending DOSC were recruited into the study. Electronic medical records were reviewed for data collection.

**RESULTS**

Seventeen (17) patients with T1D were recruited into the study, with mean age of 20.7 (SD 6.7) years old, mean age at diagnosis of 13.8 (SD 5.7) years old and mean duration of diagnosis of 7.1 (SD 4.7) years. There were almost equal number of male and female patients and majority were of Malay ethnicity. Thirteen (13) patients had positive autoantibodies while 4 patients had diabetes diagnosed during childhood with no autoantibody test record. At presentation to DOSC, mean HbA1c was 13.1%. 82.4% (n=14) of patients were on basal bolus regimen and 35.2% (n=6) of patients were on full analogue insulin regimen. At latest follow-up, mean HbA1c had improved to 10.5% with all patients on basal bolus regimen and in 94.1% (n=16) of patients on analogue insulin. Total dose of insulin did not increase significantly from DOSC entry till latest follow-up, but majority of the patients experienced improvement of glycemic control. 41.2% (n=7) had proteinuria or microalbuminuria, while 35.3% (n=6) had deranged liver enzymes. 76.5% (n=13) of patients had adjusted insulin doses according to meal intake and 52.9% (n=9) performed carbohydrate counting.

**CONCLUSION**

Provision of Type 1 diabetes care in Temerloh, Pahang is challenging and require a targeted and personalised approach with most patients. Improving glycemic control requires continuous patient engagement and reinforcement during each follow-up.

**PP-16****INTRACTABLE HEADACHE DURING PREGNANCY IN A PATIENT WITH ACROMEGALY: A CASE REPORT**

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**INTRODUCTION**

Acromegaly is usually caused by a growth hormone-secreting pituitary adenoma, mainly macroadenoma. Pregnancies are relatively rare in patients with acromegaly due to high incidence of hypopituitarism. There is limited data on management of acromegaly in pregnancy and also insufficient data available about use of octreotide LAR in pregnant women with acromegaly. Clinical activity of acromegaly during pregnancy has been variably reported with some improving, some remaining stable and some worsening. Prevalence of headache in patients with acromegaly varies from 37 to 87%. In the American registry of pituitary tumors, headache was reported in 40% of patients with acromegaly. This form of acromegaly-associated headache may even worsen during pregnancy.

**RESULTS**

We describe a 34-year-old nurse with onset of hypertension at 19 years of age. 4 years later, she was diagnosed with acromegaly. Pituitary MRI showed a left pituitary macroadenoma measuring 1.5 x 1.5 x 0.8 cm with well-defined lobulated margin. She underwent endoscopic transsphenoidal surgery and was started on octreotide LAR due to persistent disease. Six years later, she conceived spontaneously and octreotide LAR was discontinued as the disease was controlled with normalization of IGF-1 level. Her pregnancy was uneventful during the first and second trimester. However, she developed severe headache associated with vomiting and high blood pressure at 32 weeks gestation. She was started on short acting octreotide 50 mcg three times per day for a week with concomitant octreotide LAR 30 mg. The headache improved and blood pressure was controlled subsequently. She safely delivered a healthy baby girl via caesarean section at 38<sup>th</sup> week of gestation.