

EARLY ONSET OF ABNORMAL GLUCOSE TOLERANCE IN PATIENTS WITH CYSTIC FIBROSIS: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Poster

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A systematic review and meta-analysis of 457 studies involving 520,544 cystic fibrosis patients found that abnormal glucose tolerance affects one third of children (including those under age 10) and half of adults, with cystic fibrosis-related diabetes prevalence increasing from 0.5% before age 5 to 27% in adults.

KEY POINTS

- More than one third of children with cystic fibrosis had abnormal glucose tolerance (0.31, 95% CI 0.25-0.37), including 0.33 (95% CI 0.23-0.44) in those under 10 years of age, while half of adults were affected (0.51, 95% CI 0.45-0.57).
- Cystic fibrosis-related diabetes prevalence increased with age: 0.5% in children under 5 years, 5% in ages 5-10 years, 11% in ages 10-18 years, and 27% in adults over 18 years.
- Prediabetes prevalence remained relatively stable across age groups, with impaired glucose tolerance at 0.14 (95% CI 0.10-0.18) in children and 0.19 (95% CI 0.14-0.25) in adults.
- Current guidelines recommend screening for abnormal glucose tolerance only from 10 years of age; the authors suggest that reconsideration of guidelines and earlier screening may be warranted given the prevalence of abnormal glucose tolerance in younger children.

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