

Ketosis Prone Diabetes in Spontaneous Sustained Remission

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Introduction

In the last few years, there have been new insights into the clinical presentation, pathophysiology and progression of ketosis-prone diabetes mellitus, which was previously known as Idiopathic Type 1 Diabetes, Type 1B Diabetes or Flatbush Diabetes.

Diabetic ketoacidosis is a triad of uncontrolled hyperglycemia, metabolic acidosis and ketosis. It is a manifestation of type 1 diabetes mellitus (T1DM). However, it can also be the first presentation of type 2 diabetes mellitus (T2DM).

This subtype of diabetes shares the characteristics of both T1DM and T2DM and is called 'Flatbush diabetes,' also known as

'Ketosis-prone T2DM.' This case report highlights the importance of early identification of ketosis-prone T2DM in avoiding unnecessary insulin use and decreasing the economic burden on the healthcare system.

Case study

We describe a case of an Egyptian medical student with no past medical history who presented with DKA as the first presentation of Diabetes mellitus requiring initial intensive insulin therapy, which was gradually withdrawn till no insulin use and was only on Dipeptidyl peptidase 4 (DPP-4) inhibitors. The patient is currently insulin independent for more than 18 months. It is an essential clinical entity to realize that insulin independence positively affects the quality of life.

Keywords

Ketosis-prone diabetes mellitus, Diabetic ketoacidosis (DKA), Insulin therapy withdrawal, Metabolic acidosis