

New onset Diabetes Mellitus after transplantation (NODAT): An update on diagnosis, screening strategies and management

Phuong-Thu Pham

David Geffen School of Medicine at UCLA, Ronald Reagan UCLA Medical Center, USA

NODAT is a complex metabolic disorder characterized by a relative or absolute impairment in insulin secretion, along with varying degrees of peripheral insulin resistance. In essence, NODAT resembles type 2 diabetes and the diagnosis may be delayed or unrecognized. Indeed, over the years, the precise incidence of NODAT has been difficult to determine due to the lack of standard criteria defined for the condition. Kidney transplant recipients who develop NODAT have variably been reported to be at increased risk of fatal and nonfatal cardiovascular events and other adverse outcomes including infection, reduced patient survival, graft rejection, and accelerated graft loss compared with those who do not develop diabetes. Early detection and management of NODAT must, therefore, be integrated into the treatment of transplant recipients. Studies investigating the best predictive tool for identifying patients at risk for developing NODAT early after transplantation, however, are lacking. An overview of the literature on the current diagnostic criteria for NODAT, suggested risk factors, the clinical predictive values of fasting plasma glucose (FPG), oral glucose tolerance test (OGTT), and A1C in assessing the risk for the manifestation of NODAT, and suggested guidelines for early identification and management of NODAT are presented.

Biography

Dr. Phuong-Thu Pham is Associate Clinical Professor of Medicine, Department of Medicine, Nephrology Division, David Geffen School of Medicine at UCLA and Director of Outpatient Services, Kidney and Pancreas Transplant Program, Ronald Reagan UCLA Medical Center, Los Angeles, CA. Dr. Pham's special areas of interest include new onset diabetes mellitus after transplantation, pre-transplant cardiovascular screening, post-transplant cardiovascular disease, glomerular disease recurrence following transplantation, and acute and chronic kidney injury following liver transplantation. Dr. Pham's interests in these topics have resulted in publications in major Nephrology textbooks and journals as well as invitations to speak at both national and international meetings. Dr. Pham has also served as a reviewer for more than twenty major journals and an editorial board member for the Case Reports in Nephrology and Transplantation Technologies and Research journals.

PPham@mednet.ucla.edu