

LADA diabetes as an orphan disease and its connection with other autoimmune diseases

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Conflict of interest: none

BACKGROUND. Latent autoimmune diabetes of adults (LADA) is a type of diabetes that develops after the age of 30 and has signs of type 1 and type 2 diabetes. Its feature is that the destruction of β -cells of the pancreas occurs more slowly and the patient can during do not need insulin therapy for a certain period of time. Autoimmune diseases are a class of diseases in which the immune system perceives its own cells as foreign and attacks them. Although LADA and autoimmune diseases are not directly related, research shows that people with LADA diabetes have an increased risk of developing other autoimmune diseases.

OBJECTIVE. To familiarize with the clinical manifestations, aspects of diagnosis and treatment of LADA diabetes with the help of literary sources, as well as to investigate the relationship of LADA with other autoimmune diseases.

MATERIALS AND METHODS. Object: LADA diabetes as an orphan disease and its relationship with other autoimmune diseases. Research method: a review of literary sources.

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ОГЛЯДОВА СТАТТЯ

RESULTS. The combination of LADA and autoimmune thyroiditis (AIT) is quite common: according to studies, 10-25 % of patients with LADA have AIT. The relationship between LADA and other autoimmune diseases such as rheumatoid arthritis, Sjögren's disease, peripheral T-cell lymphoma, and systemic lupus erythematosus was also revealed. The study of the microbiome is an interesting and promising direction, because there is a deep connection between the intestinal microbiota and the immune system, the dysregulation of which underlies many important diseases.

CONCLUSIONS. Each patient with LADA has individual characteristics, which leaves an imprint on the prognosis of the disease and approaches to treatment. The main goal is to maintain a normal level of glucose in the blood to avoid complications. The combination of LADA diabetes with AIT is quite common (10-25 % of cases), so it is advisable for patients with LADA to undergo an examination to confirm or exclude AIT. The combination of LADA diabetes with other autoimmune diseases is quite rare, but it can affect the clinical course of the disease, worsen glycemic control, and require more intensive diabetes treatment.

KEY WORDS: diabetes, LADA, latent autoimmune diabetes of adults, microbiome, autoimmune diseases, autoimmune thyroiditis.