

## The management of type 1 diabetes in adults. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD).

### **Abstract**

The American Diabetes Association and the European Association for the Study of Diabetes convened a writing group to develop a consensus statement on the management of type 1 diabetes in adults. The writing group has considered the rapid development of new treatments and technologies and addressed the following topics: diagnosis, aims of management, schedule of care, diabetes self-management education and support, monitoring, insulin therapy, hypoglycaemia, behavioural considerations, psychosocial care, diabetic ketoacidosis (DKA), pancreas and islet transplantation, adjunctive therapies, special populations, inpatient management and future perspectives. Although we discuss the schedule for follow-up examinations and testing, we have not included the evaluation and treatment of the chronic microvascular and macrovascular complications of diabetes as these are well-reviewed and discussed elsewhere. The writing group was aware of both national and international guidance on type 1 diabetes and did not seek to replicate this but rather aimed to highlight the major areas that healthcare professionals should consider when managing adults with type 1 diabetes.

### **Biographies**

**Richard Holt** trained at the University of Cambridge and the London Hospital Medical College. He is Professor in Diabetes and Endocrinology at the University of Southampton and an Honorary Consultant Physician in Diabetes and Endocrinology at the University Hospital Southampton NHS Foundation Trust. Professor Holt's current research interests are broadly focussed around clinical diabetes but specifically encompass studies of the relationship between mental illness and diabetes and, diabetes and pregnancy. His clinical responsibilities include the diabetes and pregnancy clinic, young adult diabetes clinic and the cystic fibrosis related diabetes service.

**Dr. Anne Peters** is a clinical professor of medicine at the University of Southern California. She treats patients from all walks of life, with a particular focus on helping the underserved access technology. She has been a member of multiple guideline writing groups for individuals with both type 1 and type 2 diabetes, published over 200 papers and 4 books and given hundreds of lectures all with the hope of improving care for people living with diabetes.