

## **Workshop: Quality of life in children and adolescents with type 1 diabetes**

According to the new strategies in the treatment of Type 1 Diabetes Mellitus (T1DM), children and adolescents should receive intensive therapy in order to lower blood glucose and HbA1c levels as close as possible to the nondiabetic range. The Diabetes Control and Complication Trial (DCCT) demonstrated that this is the only way for reducing the risks of development or progression of the microvascular complications of the disease. The translation of this recommendation in the daily treatment of diabetes places a particular burden on children and parents, as well as on health professionals because the intensively treated children require dedication and costs.

In this workshop the speakers focused on the Quality of Life (QoL) perceived by adolescents with T1DM intensively treated and on the tools up this time available to achieve the double goal of good metabolic control and a good QoL. This is the first time that a workshop on this subject is organized in Italy and we wish to thank NovoNordisk-Italy for promoting the meeting and the publication of the proceedings as this supplement.

The opening lecture was delivered by Hilary MCV Hoey, Professor of Paediatrics at the University of Dublin, Ireland, who skilfully coordinated the first large, international, multi-language study evaluating

the relationship between metabolic control and QoL in adolescents with T1DM. This study was promoted by the Hvidore Study Group, an international group supported by Novo Nordisk A/S covering centres dedicated to Childhood Diabetes from 18 countries across Europe, Japan and North America. Inside the Hvidore Study Group, Italy is represented by the Centres of the Universities of Chieti and Parma.

The other speakers were Paediatricians of great reputation, from various Italian regions. The audience was paediatricians experienced in the management of T1DM in children and adolescents, selected to participate in the study on Quality of Life Italian Diabetes Children (QLIC) promoted by NovoNordisk-Italy.

We extend personal thanks to Dr. Federico Serra and Dr. Sergio Lai of NovoNordisk-Italy for assistance in the organisation of this workshop which opens a new series of periodical meetings devoted to the Paediatric Diabetology in Italy.

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