

LE DIABÈTE DU SUJET ÂGÉ

Du défi épidémiologique à une approche personnalisée

A.J. SCHEEN (1), N. PIGNOT (2), B. BALOUCEAU (3)

Résumé : Le diabète chez la personne âgée est fréquemment rencontré en pratique clinique, qu'il concerne un diabète ancien évoluant de longue date (de type 1 ou, plus souvent, de type 2), fréquemment accompagné alors de complications diabétiques diverses, ou d'un diabète d'installation a priori récente, mais ayant pu passer inaperçu pendant une période plus ou moins prolongée. Dans ce dernier cas, le diabète se présente souvent par l'apparition ou l'aggravation d'un ou plusieurs syndromes gériatriques, aboutissant globalement à une perte d'autonomie. L'évaluation gériatrique globale, l'estimation de l'espérance de vie et la justification des traitements sont à réévaluer périodiquement chez la personne âgée et déterminent le choix des cibles glycémiqes et des agents anti-hyperglycémiants prescrits. Les médicaments susceptibles d'induire des hypoglycémies doivent, si possible, être évités, d'autant plus que le patient âgé est fragile. Le rapport bénéfices-risques des différents traitements proposés devra être soigneusement apprécié au départ, puis régulièrement réévalué en fonction de l'évolution d'une situation mouvante. L'approche recommandée est donc une prise en charge personnalisée du diabète qui intégrera les aspects cliniques, fonctionnels et psycho-sociaux de la personne âgée.

Mots-clés : Diabète - Gériatrie - Médecine personnalisée - Pharmacothérapie - Sujet âgé

INTRODUCTION

Le praticien est de plus en plus fréquemment confronté à un patient âgé présentant un diabète sucré (1). Les raisons essentielles de ce constat résident dans une augmentation de la prévalence du diabète, notamment du diabète de type 2 (DT2) en lien étroit avec les modifications du style de vie et avec l'obésité, dans un accroissement de la longévité en général, avec un risque accru de développer un DT2 suite à la diminution fonctionnelle de la cellule β avec l'avancée en âge, et dans une augmentation de l'espérance de vie des patients diabétiques, grâce à une meilleure prise en charge globale. Se posent alors les questions au clinicien de savoir pourquoi et comment gérer au mieux le déséquilibre glycémiqes dans ce groupe spéci-

DIABETES MELLITUS IN THE ELDERLY : FROM THE EPIDEMIOLOGICAL CHALLENGE TO A PERSONALIZED APPROACH

Summary : Diabetes mellitus is a common chronic disease in the elderly, being either a known disease with a long history (Type 1 or even more often type 2 diabetes) and then frequently associated with various diabetic complications, or a recently diagnosed diabetes that may, however, have been ignored for a rather long time. In this latter case, diabetes may present as the occurrence or aggravation of one or several geriatric syndromes that overall result in a loss of autonomy. The global geriatric assessment, the estimation of life expectancy and the justification of glucose-lowering treatments should be performed at regular intervals in elderly diabetic people as they determine the right choice of glucose target levels and the best selection of glucose-lowering agents. Medications that can induce hypoglycemia should ideally be avoided, especially in the frailty older population. The benefit-risk ratio of the proposed therapies should be analyzed first, and then regularly reassessed because of a potentially rapidly progressing condition. The recommended approach is a tailored management of diabetes that should integrate the clinical, functional and psycho-social aspects of elderly individuals.

Keywords : Diabetes mellitus - Drug therapy - Elderly - Geriatric - Personalized medicine

fique de patients diabétiques âgés. Plus encore que dans la population diabétique tout-venant, il conviendra, chez ces patients âgés, de privilégier une approche individuelle, centrée non seulement sur la maladie mais davantage encore sur la personne, en y intégrant la complexité du contexte gériatrique.

Les aspects épidémiologique, physiopathologique et clinique du diabète du sujet âgé (2) ainsi que les spécificités de l'approche thérapeutique (3) ont déjà été envisagés dans le numéro spécial de la Revue médicale de Liège consacré au diabète sucré dans tous ses états en 2005, de même que dans un numéro spécial de *Diabetes & Metabolism* («Diabetes in the elderly») publié la même année (4). Des articles de revue consacrés à la thématique du diabète chez le sujet âgé ont été publiés plus récemment dans diverses revues françaises (5, 6) ou suisses (7). Un guide pratique pour la prise en charge du patient diabétique âgé a été rédigé de concert par un groupe mixte associant diabétologues de la Société francophone du Diabète (ex-ALFEDIAM) et de l'Association française

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