MATURITY ONSET DIABETES OF THE YOUNG (MODY)

What is MODY?

MODY (maturity – onset diabetes of the young) is a rare genetic type of diabetes different from type 1 and type 2. Genes contain the instructions for making proteins, such as insulin. MODY is caused by a change in a gene that contains instructions to make insulin and can cause the body to make less or ineffective insulin. Insulin is important to regulate our blood glucose levels.

Characteristics of MODY:

- Onset often occurs at a young age, usually before age 25.
- MODY often runs in families from one generation to the next. A person with MODY has 50% chance of having a child with MODY. Sometimes, MODY happens spontaneously and no one else in the family has MODY.
- In MODY, the pancreas does not produce enough insulin.
- MODY has nothing to do with being overweight but keeping a healthy weight is important.
- There are different types of MODY depending on which gene is affected.

Diagnosis:

- Symptoms of frequent thirst, frequent urination and/or fatigue can be mild or absent; sometimes MODY is found on routine blood work.
- Genetic testing is important to confirm the disease and to identify the type of MODY. Not all MODYs are the same.

Treatment:

- Depending on the type of MODY, treatment may include lifestyle interventions, oral medication or insulin.
- Your doctor will discuss the best treatment for you.
- Some types of MODY are associated with problems in other organs and may need additional studies, treatments, and referrals to other doctors.