

New onset Diabetes Mellitus in a COVID-19 patient. A case report.

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Background

A while after SARS-CoV-2 infection broke out, different uncommon symptoms started to arise reflecting the pathogenesis of SARS-CoV-2 virus that affect different systems. Several studies pointed out a possible association between COVID-19 and a complicated clinical picture of Diabetes Mellitus. Previous case reports described new-onset type II diabetes, type I diabetes, and diabetic ketoacidosis (DKA).

Case presentation

A case of a 73-year-old female patient presenting to the clinic with common COVID-19 symptoms, tested, and was found positive. For the following 3 days of management with mild COVID-19 protocol, she suffered from polyuria and polydipsia and presented to the ED, comatose and with a random blood sugar of 442 mg/dl despite no history of hyperglycemia or a family history of diabetes.

After stabilizing her condition, management included COVID-19 medications at home and Vildagliptin 50 mg/ Metformin 1000 mg daily as anti-diabetic treatment. The patient was followed up for 7 months after recovery from the infection and was still taking anti-diabetic treatment.

Discussion

We report a case of new onset Diabetes Mellitus after Covid-19 infection in a previously healthy female who has negative family history of Diabetes and her last blood glucose and (HbA1C) tests were normal. The patient was followed up and continued on Vildagliptin 50 mg/ Metformin 1000 mg daily for the seven months follow up after recovery from Covid-19 infection.

Conclusion

Diabetes Mellitus (DM) can follow SARS-CoV-2 infection. More studies are required to establish an association between COVID-19 and new-onset Diabetes.

abbreviations

DKA= diabetic ketoacidosis. DM= diabetes mellitus. ED= emergency department.