

Preventing the neurotoxic effects of hypoglycaemia in adolescents with Type 1 diabetes- a randomised placebo-controlled trial

ACTRN12617000780358

Status	RECRUITING
Sponsor	Murdoch Childrens Research Institute
Enrollment	10 participants

Plain Language Summary

When blood sugar drops too low (hypoglycaemia), the brain can be harmed — this is a real concern for teenagers with type 1 diabetes. This study tests whether a supplement called medium chain triglycerides (MCT oil), taken before a controlled low blood sugar episode, can protect the brain from these harmful effects. Brain scans are used to measure changes.

You may be eligible if:

- You are between 12 and 18 years old
- You have had type 1 diabetes for more than 1 year
- Your HbA1c is below 9% (reasonable blood sugar control)

You may NOT be eligible if:

- You have a significant intellectual disability (IQ below 70)
- You have a mental health or neurodevelopmental disorder
- You have had diabetic ketoacidosis in the past
- You have metal implants or other reasons you cannot have an MRI scan

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- T1DM >1 year, HbA1c<9%

Exclusion (1)

- IQ<70 or attendance at a special educational setting, diagnosis of, or treatment for mental health or neurodevelopmental disorder, previous history of neurological disease trauma, history of diabetic ketoacidosis, contra-indication to MRI (metal implants or major dental work)

Locations (1 total)

The Royal Childrens Hospital - Parkville, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12617000780358>

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