

Checklist

Annual check-up for patients undergoing steroid therapy for Diamond-Blackfan anaemia (DBA)

Note: Some of the tests below may be repeated at closer intervals, please discuss this with your attending doctor.

- Patient history: Side effects of steroid therapy (myopathy, bone pain?)
- Full physical examination
- Review of therapeutic goal: Hb levels > Hb target levels (normally 9.5-10 g/dL)
- Review of steroid dose: dose <0.2-0.3 mg/kg/day
- Lab work:
 - differential blood count including reticulocyte count
 - all electrolytes, urea:creatinine ratio, GPT/gGT/AP/bilirubin/cholinest/protein, ferritin, transferrin saturation, lipase, coagulation
 - immunoglobulin G, *in case of susceptibility to infections/major infections only:* lymphocyte phenotyping
 - urine diagnostics with urine drip test
- Endocrinology:
 - parathyroid hormone + Vitamin D
 - TSH/FT3/FT4
 - basal cortisol
 - fasting blood glucose + insulin (HOMA-IR score)
 - *from 10th year of life:* 24-hour cortisol urine test
 - *from 10th year of life:* oral glucose tolerance test, LH/FSH + testosterone/estradiol, prolactin
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 - *for restricted growth/below-percentile growth:* IGF-1/IGFBP-3
- Annual bone age analysis
- *from 16th year of life:* bone density assessment (DXA) every two years
- Eye examination (fundus, visual acuity, colour vision, slit lamp)