

## **Diabetes & Retinopathy (Eye Care)**

### **Faculty, Dr Mohit Jain**

Dr Mohit mentioned that by 2040 about 10% of the human population ie, over 640 Million would have diabetes. In UAE by 2040, the prevalence of diabetes was expected to be 25% of the population

Diabetes or raised blood sugar levels may adversely affect small blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye). This condition is termed as Diabetic retinopathy. It may cause permanent vision loss and blindness. Diabetic retinopathy is the most common cause of vision loss in young working age group adults. Uncontrolled blood sugar and blood pressure, high blood cholesterol, obesity, smoking and excessive alcohol intake are the significant risk factors for diabetic retinopathy.

Almost 34% of Diabetics get Diabetic Retinopathy, of which 10% suffer from severe visual impairment. Any person who has diabetes for over 20 years has an 85% chance of suffering mild to severe retinopathy.

Diabetic retinopathy may not have any symptoms at beginning so annual retina screening is mandatory to detect it at earliest stage. It can lead to serious eye conditions like Diabetic macular edema (DME), Neovascularisation, vitreous haemorrhage or tractional retinal detachment.

It's important to start appropriate eye treatment at earliest for effective long term control of disease. We have various treatment regimens for effective control. The most effective treatment module is the administration of Anti vascular endothelial growth factor (Anti-VEGF) drugs as an injection, directly inside the eyeball. It can slow down or reverse diabetic retinopathy quite effectively.

Retinal laser therapy is required to control the abnormal blood vessels in retina which prevents the long term complications like bleeding, retinal contraction and retinal detachment. In further advance stages, retinal surgery named as 'vitrectomy' is needed to clear excessive bleeding or scarring and contraction to preserve the vision.

The lack of public awareness about Diabetic retinopathy (DR) is a concern. Early treatment is 90% effective in controlling & reversing Retinopathy, & even with availability of most advance health care system, lack of knowledge and understanding leads to underutilisation of health care facilities and interferes with effective prevention, treatment & reversal of diabetic retinopathy.

Dr Mohit mentioned that the eye was often referred to as the window to the soul. Whereas the eye is in fact the window, to the body. Google has launched its Body Health Predictor,

using the eye examination to correctly identify & predict various body organ ailments including cardiac & other problems

Article Link: <https://menews247.com/rak-hospital-shares-expert-insights-on-diabetic-retinopathy/>

Webinar Link: <https://www.youtube.com/watch?v=uE4ubicfl90>