

Ocular and General Health Status of Type-2 Diabetic Patient in Chattogram, Bangladesh.

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Purpose: To determine the ocular and general health status of patients with Type 2 Diabetes Mellitus (DM).

Methodology: Observational study. This study includes 100 patients with type-2DM for more than 5 years of duration. Detail history of diabetes and other systemic disease like hypertension were elicited. Ocular examinations including best corrected visual acuity, anterior segment examination with slit lamp and posterior segment examination with indirect ophthalmoscopy were done for determining the ocular health status. General health examinations were conducted by general physician.

Results: Among 100 patients, 58% were male and 42% were female. The mean age was 57.54 ± 9.45 years. 70% of series had positive family history. Study population showed 37.1% had refractive errors, 22.4% had Cataract, 28.8% had Diabetic retinopathy, 11% CSME, 3.5% had glaucoma, 3.9% dacryocystitis, 2.1% ptosis, 1.3% BRVO and 0.8% CRVO. In this study 112 (56%) eyes had good vision (6/18 or better) which improve to 129 (64%) after refractive correction, 22 (11%) had severe visual impairment or blindness which did not improve after correction. In this series nearly half (49%) of study cases had uncontrolled DM and suffering from more ocular complications in comparison with 51% controlled diabetic cases. In this study hypertension (85%) is the most common systemic complication followed by Cardiac disease (21%), Kidney disease (18%), Peripheral Neuropathy present in 52% and Diabetic Foot in 09% of study population.

Conclusion: We have come to a conclusion that during this Pandemic all the Eye care organizations or Eye department in Medical School should provide their services round the clock to control the disease. During lockdown also we have to take permission from the authorities to run the eye care services with easy access for all.

Key words: Type-2 diabetes, refractive error, Cataract, DR, hypertension, peripheral neuropathy.

Introduction: Diabetes mellitus is currently the most common endocrine disease, affecting approximately 6% of the world's population

According to the latest International estimates The Diabetes Federation, the number of diabetic patients will increase by 55% about 600 million by the year 2035

Data from observed and differentiated studies further point to the fact that Patients with diabetes are more likely to develop micro- and macro-vascular development Conditions. About 50% of UKPDS subjects had significant or minor defects during the T2 DM diagnosis.

About 50-80% of all people with diabetes die of cardiovascular disease cerebrovascular disease, as well as kidney failure and among the leading causes of death Diabetes retinopathy caused by diabetic complications and is the fifth leading cause of blindness worldwide. It is an ocular manifestation of systemic disease affecting up to 80% of all patients who have ever had diabetes

While the onset of diabetic retinopathy cannot be prevented, Early detection and management of the disease can reduce its problems that threaten to see. Current therapies are effective in preventing 98%.

loss of vision, if treatment is given in a timely manner
time. There is more evidence of cataract risk increase by increasing the duration of diabetes and severity hyperglycemia

The inclusion of high-end glycation products in the lens is four is considered one possible pathogenic mechanism cataract diabetes
Increase in diabetes in partially low resource settings caused by the deception of the situation, many people who remain undiagnosed until similar problems occur vision loss and kidney disease appear.
Therefore, a large number of people have not yet been found or fall into the pre-diabetic stages that preceded them advancing sugar.