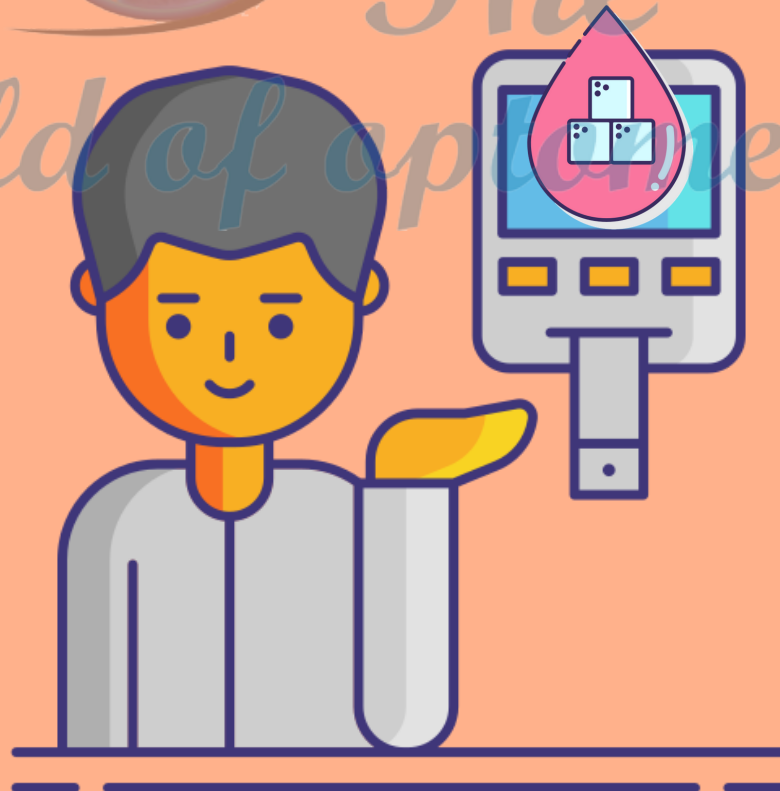




*The World
of Optometry*

TWOP Case Study

DIABETIC RETINOPATHY



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry

#TwoCaseStudy

Patient History



CHIEF COMPLAINTS: 43 yrs old, female, chinese.

Progressive BOV (OS>OD) for both distance & near since six months, worsen over 3 weeks.

PAST OCULAR HISTORY: No history of Spectacles/ Contact Lens use before, no known history of ocular surgery/ trauma.

OCULAR MEDICATIONS: No any topical medications.

PAST MEDICAL HISTORY: History of Diabetes Mellitus for 8 years & medically controlled (oral Metformin). No any other systemic diseases.

SURGICAL HISTORY: No history of surgery.

PAST FAMILY OCULAR HISTORY:

Parents has History of Diabetic Retinopathy.

Parents has History of Macular Degeneration (ARMD).



#TwoCaseStudy

Ocular Examination

Visual Acuity (Habitual):

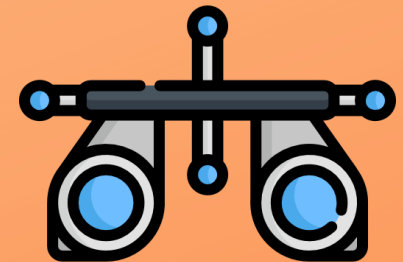
- OD: 20/50
- OS: 20/60

PCT (Unaided):

- 6M: ORTHO
- 1/3M: ORTHO

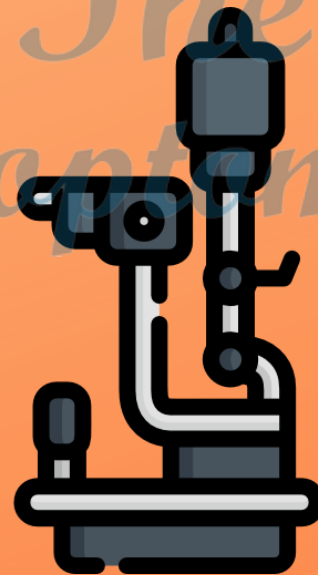
Refraction (Objective & Subjective)

- OD: +0.75/-0.75x 85 (20/30-2)
- OS: +1.25/-1.00x 95 (20/40-1), Add: +0.75 D



Intraocular Pressure (GAT):

- OD: 15mmHg
- OS: 14mmHg



Slit Lamp Findings:

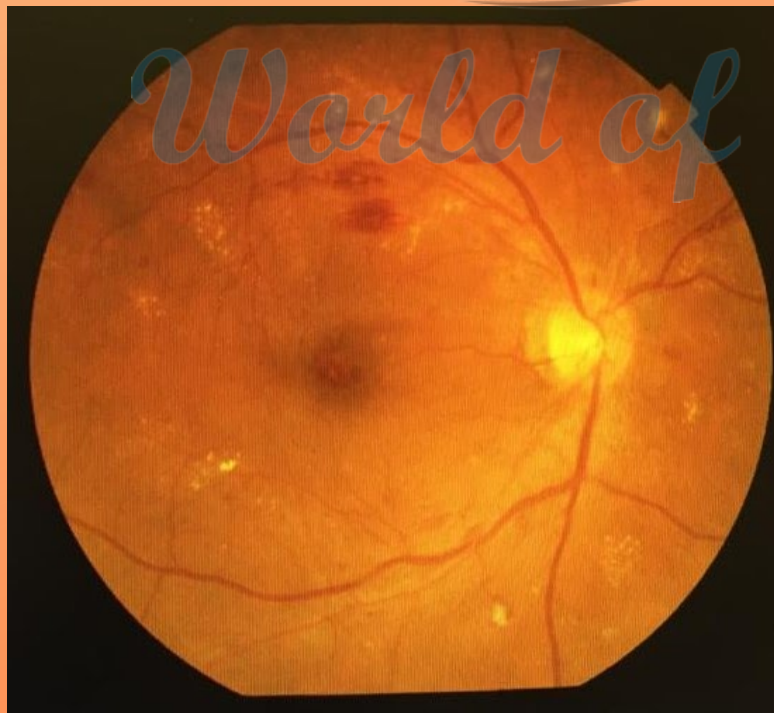
- Conjunctiva: NAD: OU.
- Cornea: Clear: OU.
- Lids & Lashes: CLEAN: OU.
- Lens: NS 2+ OD, NS 2+ & Early PSC: OS
- Anterior Chamber: D & Q: OU
- Iris: Brown, NAD: OU



#TwoCaseStudy

Fundus Examination

OD (Right Eye)	OS (Left Eye)
<p>CD RATIO : 0.3 FLAT MACULA PRESENCE OF HARD EXUDATES MICROANEURYSM DOT-BLOT SHAPE HEMORRHAGES NO CSME, NO RD</p>	<p>CD RATIO : 0.3 FLAT MACULA PRESENCE OF HARD EXUDATES MICROANEURYSM DOT-BLOT SHAPE HEMORRHAGES NO CSME , NO RD</p>



#TwoCaseStudy

Diagnosis



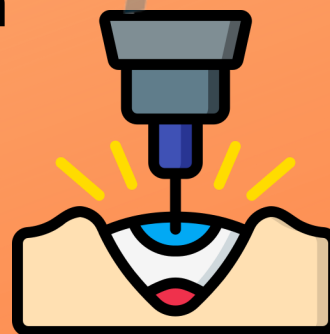
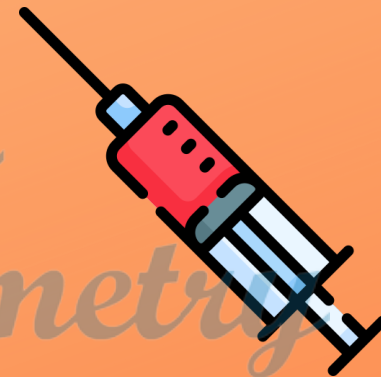
**MODERATE NON-PROLIFERATIVE
DIABETIC RETINOPATHY**



#TwopCaseStudy

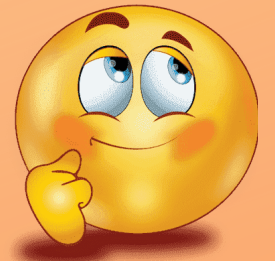
Treatment

- Anti-VEGF therapy (vascular endothelial growth factor)
- Intraocular steroid injection
- Laser photocoagulation
- Vitrectomy

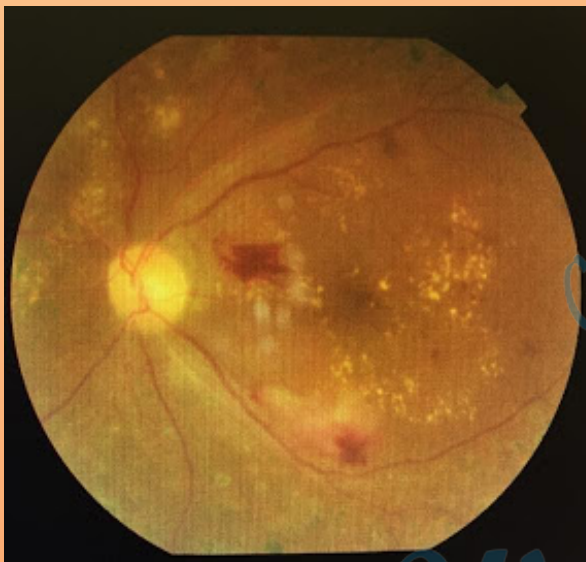


#TwoCaseStudy

Discussion



Diabetic Retinopathy is an ocular condition in which damage occurs to the retina due to systemic association of diabetes mellitus.

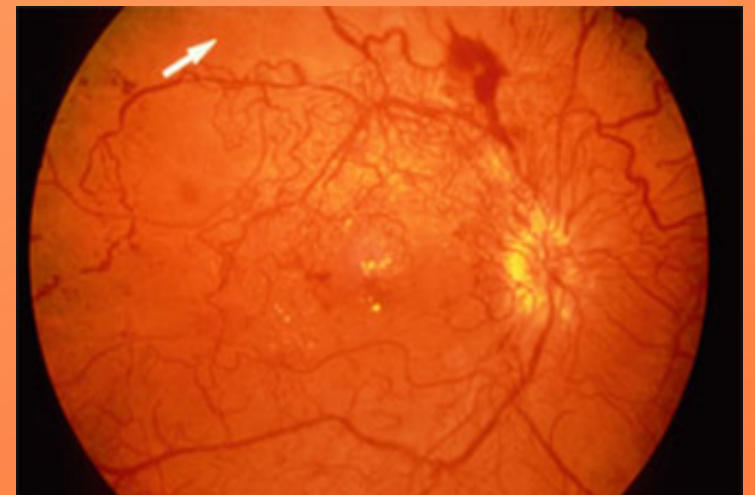


Types of Diabetic Retinopathy

- **Non-proliferative retinopathy** is an early form of the disease, where the retinal blood vessels leak fluid or bleed.
- **Proliferative retinopathy** is an advanced form of the disease and occurs when blood vessels in the retina disappear and are replaced by new fragile vessels that bleed easily, and that can result in a sudden loss of vision.

Risk factors

- Duration of diabetes
- Hypertension
- High cholesterol
- Age
- Obesity
- Family history



#TwoCaseStudy

Complications of Diabetic Retinopathy

VITREOUS HEMORRHAGE:

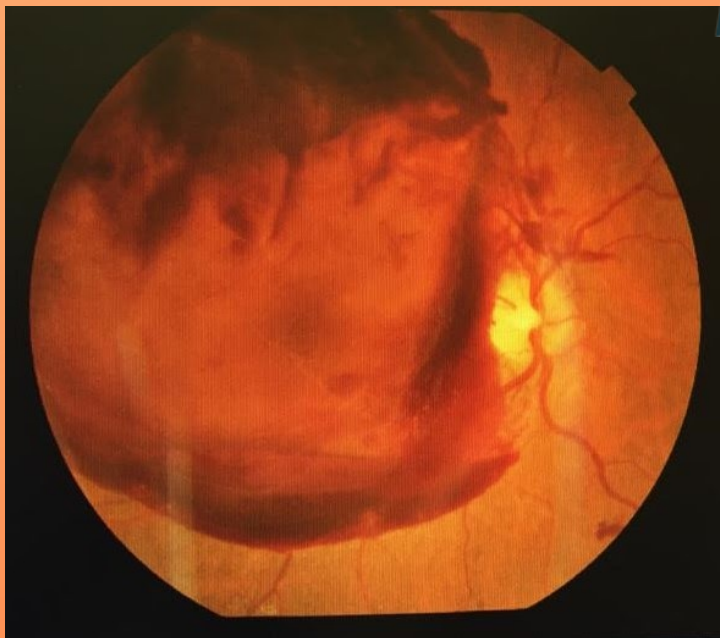
New blood vessels may bleed in the Vitreous causing floaters or clump of blood to be seen which can completely block the vision.

RETINAL DETACHMENT:

Diabetic Retinopathy stimulates the growth of scar tissue which can pull the retina away from the back part of the eye. Symptoms seen are floaters or flashes of light.

GLAUCOMA:

Growth of new blood vessels interfere with the normal flow of fluid out of the eye which can cause increase in Intraocular Pressure and damage the Optic Nerve Head.



#TwopCaseStudy

HOW TO PROTECT THE EYES FROM DAMAGE?

- **Annual eye check-up**

- Have a dilated eye examination.
- Can help in early detection of signs of DR

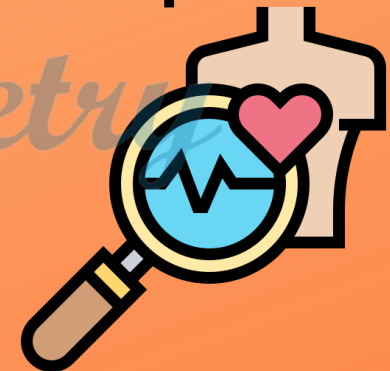


- **Well educated on the signs, symptoms & complications**

- **Quit smoking and alcohol consumption**

- **Have a regular blood check-up**

Monitor blood glucose level & blood pressure



- **Balanced diet**

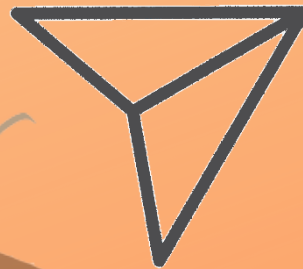




Wow, what a cool content



Leave your comments



Share with friends



Save, to consult in the future

The World of optometry



The World of Optometry



@theworldofoptometry



TheWorldofOptometry



TheWorldofOptometry