



CONFERENCE ABSTRACT

Early detection of diabetic retinopathy among type one diabetic patients

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Abstract

Background: Diabetic retinopathy (DR) is one of the leading causes of blindness in the world. It develops in nearly all individuals with type one diabetes and in more than 75% of individuals with type two who survive for over twenty years with the disease. **Objective:** To clarify the importance of early detection of DR, and specifically to determine its prevalence among type one diabetic patients. **Methods:** A cross-sectional comparative study was conducted on all registered type one diabetic patients attending Al-Shohada family health center (FHC); during the period from June to August 2015. The study included 105 patients with type one diabetes mellitus. They were subjected to a predesigned questionnaire, and their data were retrieved by checking their files. They were referred for fundus examination by an ophthalmologist. **Results:** The prevalence of DR among type one diabetic patients was 51.3%, and it was 62.8% among the patients who had never undergone fundus examination before. In 57% of the patients, the barrier for DR screening was negligence and lack of awareness about its importance. Prevalence of DR depends on the duration in addition to the degree diabetes control. **Conclusion:** Most of type one diabetic patients are aware of its complications; however, there is little awareness about the importance of screening for DR, which together with negligence constitutes the main barriers to its screening. Therefore, the family physician plays an important role in dealing with these problems for early detection and management of diabetic retinopathy.