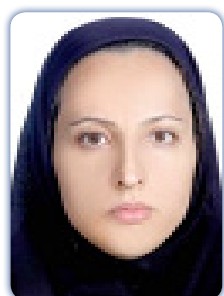


12<sup>th</sup> World Congress on

# DIABETES & PALLIATIVE CARE

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## Marzieh Nojomi

*Iran University of Medical Sciences, Iran*

### Study of diabetic retinopathy and its risk factors in diabetic patients, Ahvaz, Iran

Diabetic retinopathy (DR) is one of the leading causes of blindness among adults worldwide. There is considerable variation in the consistency, pattern, and strength of risk factors of DR in different studies. Therefore, we decided to determine the prevalence of DR and its risk factors in diabetic patients in Ahvaz. 400 diabetic patients from 2013 to 2015 from Imam-Khomeini Hospital were enrolled in current study. They were all examined by an ophthalmologist and categorized as DR and non DR groups. The characteristics of patients included age, gender, blood pressure, body mass index, lipid profile, HbA1c, duration of diabetes and smoking which were measured. Mean age was 49.7 ( $\pm 8$ ) years old. About 56% were males and 44% females. 172 patients (43%) had DR. Mean duration of affected by diabetes was 9 ( $\pm 3$ ) years. The mean of systolic blood pressure was 176 ( $\pm 10$ ) and 136 ( $\pm 5$ ) mmHg in patients with DR and without DR, respectively. The duration of affected by diabetes was 11.4 ( $\pm 4.9$ ) years in patients with DR compared to 7.5 ( $\pm 1.2$ ) years in patients without DR. The prevalence of DR was more in patients who were older, having higher systolic blood pressure, affected more years with diabetes, and had higher HbA1c significantly. It was observed that diastolic blood pressure, total cholesterol, triglycerides, BMI and smoking were not associated with DR.

### Biography

Marzieh Nojomi has completed her Specialist in Community Medicine from Medical School, Iran University of Medical Sciences, Tehran, Iran. She has also completed a course in Clinical Epidemiology from University of Washington, Seattle, USA. She is the Chief of the Department of Community Medicine. She has published more than 170 papers in reputed journals and has been serving as an Editorial Board Member of 3 medical journals.

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