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Prevalence of diabetes mellitus and diabetic retinopathy in rural Bihar, India

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Background: There is no recent evidence on the prevalence of diabetes mellitus and diabetic retinopathy from rural Bihar.

Aim: To determine the prevalence of diabetes mellitus (DM) and DR in rural population of Bihar aged >50 years.

Materials & Methods: We conducted a population-based study using validated rapid assessment of avoidable blindness (RAAB-6) in 57 clusters in Siwan district, Bihar, India from January to March 2016. The Scottish grading system was used to grade the diabetic retinopathy.

Results: Among examined 3189 individuals (92% response rate) 134 persons reported with known diabetic history and 67 were newly diagnosed with RBS >200 mg/dl. Overall prevalence of known and newly diagnosed diabetes was 6.3% (95% CI, 5.4%-7.2%) persons. Prevalence of any retinopathy, maculopathy and sight threatening DR was 15%, 12.4% and 6%, respectively.

Conclusion: Study shows the lack of awareness and underutilization of eye care services by the diabetic community at present, suggesting a focused community programs to reduce visual impairment caused due to diabetic retinopathy.

Biography

Tanwir Ahmed Khan has completed his MBBS and DO in Ophthalmology in the year 2004 and 2007, respectively from JNMCH and Institute of Ophthalmology, Aligarh Muslim University, Aligarh. He is the Chief Medical Officer of Akhand Jyoti Eye Hospital, Bihar, India. He has a surgical experience of over 40,000 surgeries. He has organized various CME and scientific seminars in the hospital.

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