

Awareness of diabetic retinopathy among Saudi diabetic patients

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Introduction: Diabetes mellitus is a vascular disease that will affect the most important body organs such as the brain, heart, kidney and the eye as well as the pancreases. Diabetic Retinopathy (DR) is a disease of the retina; profound ischemia will lead to neovascularization of the disk (NVD), retina (NVE), iris (NVI) and the angle (NVA). World Health Organization (WHO) estimates that, globally, 422 million adults aged over 18 years were living with diabetes in 2014. In 2016 WHO has reported that Saudi Arabia took the second rank as the highest in the Middle East, and is seventh in the world for the rate of diabetes.

Method: A population-based, cross-sectional survey along with retinal imaging will be conducted. The survey will be written in English, and will be verbally translated to the Arabic language to ensure that patients fully understand each question. It consists of two main sections, the first section contains patient personal information, educational background, duration of the disease, and family history and medical history of diabetes mellitus. The second section contains questions designed to evaluate and measure the patients' awareness of diabetic retinopathy. Each Diabetic patient will be examined using modern Optical Coherence Tomography (OCT) to measure retinal layers thickness and take an enface image of the retina.

Result: This study included data from 554 participants, 380 of those do not think diabetes will affect their eyes. In addition, almost the same present did not know diabetic retinopathy. The samples ranging in age from 10 to 80years, most of the samples are between 40-59years old. The samples are almost half males and half females. Most of the participants have diabetes of less than 10 years and the majority were type two diabetes.

Biography

Fahad has completed his Bachelor at the age of 23 years from King Saud University Collage of Applied Medical Sciences with the second honor degree of GPA 4.51 out of 5.

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