

Annual Diabetic conference- 2016

Screening and prevention of sight
threatening diabetic retinopathy

Overview

- Facts and figures
- Working together
- Diabetic eye disease
- Current treatment and new developments

Facts and Figures

- Prevalance of diabetes- 6% and rising
- Diagnosis is HbA1C of $>48\text{mmols/mol}$ ($>6.5\%$)
- 4.5million have HbA1C of 42-47(pre-diabetes)
- 630,000 with undiagnosed diabetes.
- 750 people diagnosed with diabetes daily in the world.
- 10% NHS budget used for DM and 80% of that is for complications

Facts and figures cont.

- West Herts Diabetic Eye Screening Programme- (DESP)-started 2006/2007
- Single collated list of ALL patients with diabetes >12 years of age registered with a West Hertfordshire GP
- Failsafe will then determine the recall pathway. E.g eligible for screening, suspended due to UCO hospital eye clinics, or excluded if NPL both eyes or medically unfit.
- Read code Diabetes in remission, for patients with pancreatic transplants.
- Gestational diabetes and pre-diabetes are not eligible for screening

Diabetic Retinopathy

- **Prevention of sight threatening retinopathy**
- Non modifiable- Duration of diabetes
 - Women
 - Pregnancy
- Modifiable- control of Diabetes
 - control of blood pressure
 - control of cholesterol levels

Diabetic retinopathy cont

- 20 % patients present with retinopathy at first screen
- R0-No retinopathy
- R1-Background retinopathy –microaneurysms/exudates
- R2- Pre proliferative retinopathy- venous changes/cotton wool spots/ signs of ischaemia
- R3- Proliferative retinopathy- new vessels, pre-retinal haemorrhages, pre-retinal fibrosis
- M0-No maculopathy
- M1- Maculopathy- exudates and microaneurysms within macula suggestive of clinically suggestive macular oedema

Retinopathy cont

- **New Pathway-** Digital surveillance- reduces referrals
- **Referable retinopathy-**
 - Within 13 weeks for non urgent and within 2 weeks for R3/wet AMD
- **Treatment-**
 - 1/ Laser for CSMO and proliferative retinopathy (only maintains vision)
 - 2/Injectables – Steroid- eg triamcinolone or
 - Anti Veg F- eg Lucentis/Avastin

The future

- Cleopatra trial- Use of light mask-used at night to switch off rods, reduce oxygen consumption and reduce ischaemia thus reducing progression of retinopathy.
- Field and Accord studies- Use of Fibrates with statins show prevention of progression of maculopathy.
- Anecdotal information re; effect of propranolol and hydroxychloroquine which may have anti VEG F properties
- Retival machines identify retinal ischaemia

AN INVITE

A MUSICAL EXTRAVAGANZA
A WEST HERTS DIABETIC EYE SCREENING PROGRAMME (DESP)
PRODUCTION OF

DESPerado

THE DIABETIC JOURNEY OF
TINTIN

WEDNESDAY 14TH DECEMBER 2016
6.30PM-9.00PM
FOR FREE TICKETS EMAIL: SUSAN.HOLDER@HCT.NHS.UK
AT KINGS LANGLEY COMMUNITY CENTRE
FOOD AND REFRESHMENTS PROVIDED