

Letter to Editor

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Received: January 05, 2018; **Accepted:** February 01, 2018; **Published:** February 19, 2018

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Let me express a few, in my opinion, an important point on the issue of diabetic retinopathy and its lone in patients with diabetes mellitus (DM). For over 12 years I headed the Department of ophthalmology the largest in the Russian Federation the National Center of Endocrinology in Moscow. A couple over the years of experience in the diagnosis, treatment and prevention of PD epidemiology as well as the blade data, allows take a broader look at the problem.

There is no doubt that currently, DM is the most non-communicable disease in the World. According to the International Diabetes Federation (IDF) in 2017, in World diabetes trade more than 425 million people (about 6.5% of the population), of which 123 million are people, moose 20 years. The incidence of diabetes varies range: from 1.8% in Chile to 30% in state of Nauru.

According to statistical studies, every 10-15 years the number of diabetes sufferers doubles, which emphasizes the medico-social significance of the problem. According to the State register, the total Isle of patients with diabetes in the Russian Federation on 31.12.2016 year amounted to 4,348 million people (3% of Russia's population), including: DM 2 – 92%, DM 1– 6%, other types of DM – 2%.

Diabetic retinopathy (DR) is the leading cause slept at the working-age population in developed countries and is, along with the

worst destroy muscular of glaucoma and among the leading causes of vision loss in the worst group older than 65 years (4.8%). The blindness in patients with DM develops in 25 times more often than the average population.

Almost a quarter of patients with diabetes (19.85%) have problems with the series. Most of them (70-75%) of patients with a variety of degree of DR, lower (25-30%) - with diabetic cataracts, neovascular glaucoma and other problems. In the next 10 years is expected to diabetes plus restraint due to DM 2 and, accordingly, severe disabling lone of diabetes (loss of vision, amputation of limbs, treatment needs hemodialysis, myocardial infarction, insults).

Despite the improvement in the quality of care a patient with diabetes and the symptoms DR, increasing the number of doctors-ophthalmology and endocrinology, the modern diagnostic equipment, an increase of the eye lone DM on all territory of Russia. Her restrain among adults (18 years and older) with DM 1 is 41.74% and in DM 2 – 17.41%. On average, it turns out that almost one in five patients (18.63%) with diabetes have certain problems with the series.

Analysis of restraint DR with regard to gender showed that significantly difference between the men and women. Exploring to restrain DR in a variety of the worst groups it can be concluded that in DM 1 peak for the worst group 50-59 years, while in DM 2 – the group of 60-69 years.

Patients with DM have a pension (glycated hemoglobinless6.5%) the number of cases to register in the DR 1.8-3.5 times lower than in patients to compensate. These data confirm the necessity of cooperation between ten of ophthalmology and endocrinology in identifying and treatment of these patients. Currently in Russia preparing consensus for patients with DM and DR.