Baseline Characteristics of Diabetic Patients Presenting to a Retina Clinic

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Background
- Diabetic retinopathy (DR) is the most common complication of diabetes mellitus and is the leading cause of blindness in working-age adults in the world.1
- Longer duration of diabetes mellitus, poorer glycemic control as measured by hemoglobin A1c (A1c), and higher blood pressures are associated with increased incidence and prevalence of DR.2,3
- Aggressive control of both blood glucose and blood pressure significantly reduces the risk for development and progression of DR.4,5
- Despite the clear importance of parameters such as A1c, blood pressure, and duration of diabetes in the prevention and treatment of DR, many ophthalmologists are often unaware of patients’ overall diabetes management status.

Method
- Demographics, body-mass index (BMI), blood pressure (BP), A1c, smoking history, diabetes type, DR diagnosis, diabetes duration, number of retina clinic visits, and kidney disease history based on both self-report and microalbuminuria (≥ 30 µg albumin/mg creatinine) were collected on all diabetic patients presenting to the Kellogg Eye Center retina clinic and retrospectively reviewed to data report baseline characteristics.

Results

Table 1. Characteristics of Diabetics Presenting to a Retina Clinic

<table>
<thead>
<tr>
<th>Background</th>
<th>Purpose</th>
<th>Methods</th>
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</thead>
<tbody>
<tr>
<td>A subgroup of patients with 2 or more of the following factors, determined “high risk” for complications by endocrinologists, was targeted for additional data collection and analysis: A1c&gt;9% in the last 6 months, BP&gt;140/90 in the last 6 months, history of kidney disease, and diabetes duration&gt;10 years.</td>
<td>• We propose that obtaining comprehensive data on diabetic patients will allow ophthalmologists to better stratify and tailor patient care.</td>
<td>• The program allows the creation of a longitudinal dataset on diabetic patients presenting to a retina clinic.</td>
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</table>

References

Conclusions

Table 2. Diabetes Management Goals Survey

<table>
<thead>
<tr>
<th>Survey Questions and Responses</th>
<th>n</th>
<th>%</th>
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<tbody>
<tr>
<td>N ≥10</td>
<td>369</td>
<td>87.56</td>
</tr>
<tr>
<td>≤9.5</td>
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<td>≤7.0% (correct)</td>
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<td>87.56</td>
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<td>≤140/90</td>
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<tr>
<td>Without an answer</td>
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<td>3.19</td>
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Table 2. Diabetes Management Goals Survey

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