



PREVENZIONE

DELLA RETINOPATIA DIABETICA

Dr. Carlo Polcini

RETINOPATIA DIABETICA

(microangiopatia dei capillari retinici)

- **UNA DELLE MAGGIORI CAUSE DI CECITA' LEGALE AL MONDO**
- **MAGGIORE CAUSA DI CECITA' IN ETA' LAVORATIVA NEI PAESI OCCIDENTALI (20-65 ANNI)**
- **DOPO 15 ANNI DALLA DIAGNOSI DI DIABETE CIRCA 70% DI PROBABILITA' DI **RD****
- **UN PAZIENTE DIABETICO SU DIECI RISCHIA DI ANDARE INCONTRO A SERI DANNI DELLA FUNZIONE VISIVA**

PREVENZIONE: IAPB

WWW.IAPB.ORG

Diabetic Retinopathy | In x

www.iapb.org/vision-2020/what-is-avoidable-blindness/diabetic-retinopathy

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Diabetic Retinopathy

An Overview

Information and resources provided courtesy of The Fred Hollows Foundation (FHF) and IAPB Vision Atlas 2016
www.atlas.iapb.org

Diabetes mellitus is becoming a global epidemic and is now one of the top causes of vision loss globally. In 2014, there were approximately 422 million people (8.5% of the world's adult population) living with diabetes; compared to 108 million in 1980 (2016 WHO Global Report on Diabetes). [i] Increased urbanisation, consumption of less - nutritious food, more sedentary lifestyles and resulting obesity have all contributed to the dramatic rise in the global prevalence of diabetes, particularly in resource - poor countries.

Low and middle income countries account for approximately 75% of the global diabetes burden yet many are ill equipped to properly identify, treat and manage the complex and varied consequences of this disease. Currently, South East Asia and the Western Pacific account for more than half of adults with diabetes worldwide. China, India, Indonesia and Bangladesh alone represent 45% of the global burden. [ii] Yet the highest prevalence of diabetes is found in the Eastern Mediterranean, where close to 14% of the population is afflicted.[iii] Efforts to reduce the prevalence of diabetes or to more effectively manage its health consequences are further undermined by the fact that approximately 50% of people with diabetes are currently undiagnosed. This is even more pronounced in Africa, where two thirds of people with diabetes remain undiagnosed and the greatest increase in disease burden (103%) is anticipated by 2040.[iv]

Diabetes increases the risk of a range of eye diseases, but the main cause of blindness associated with diabetes is diabetic retinopathy (DR).

DR damages blood vessels inside the retina at the back of the eye. It commonly affects both eyes and can lead to **vision loss if it is not treated**. Poorly controlled blood sugars, high blood pressure and high cholesterol increase the risk of developing DR.

VISION 2020

What is VISION 2020?

Global Facts

What is Avoidable Blindness

Cataract

Refractive Error

Trachoma

Childhood Blindness

CLASSIFICAZIONE DELLA RD

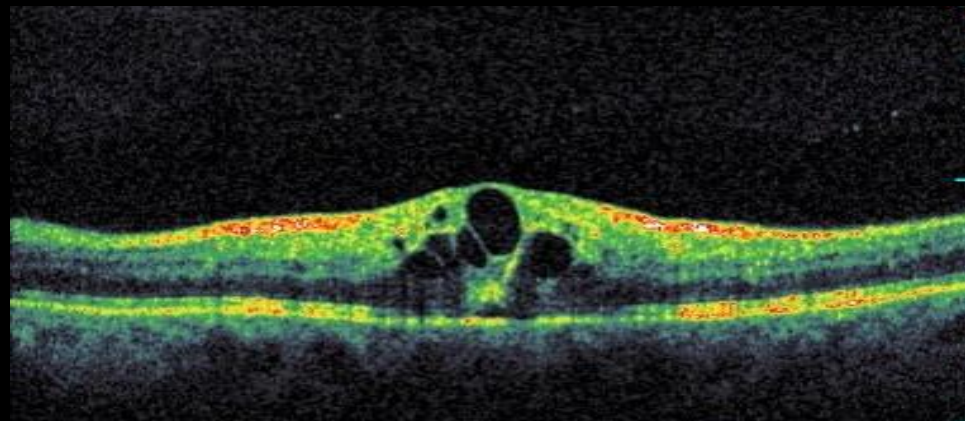
- **Non proliferante (ex background)**
 - lieve – moderata –severa
- **EDEMA MACULARE DIABETICO**
- **Proliferante**
- **Malattia diabetica oculare evoluta**

EDEMA MACULARE DIABETICO

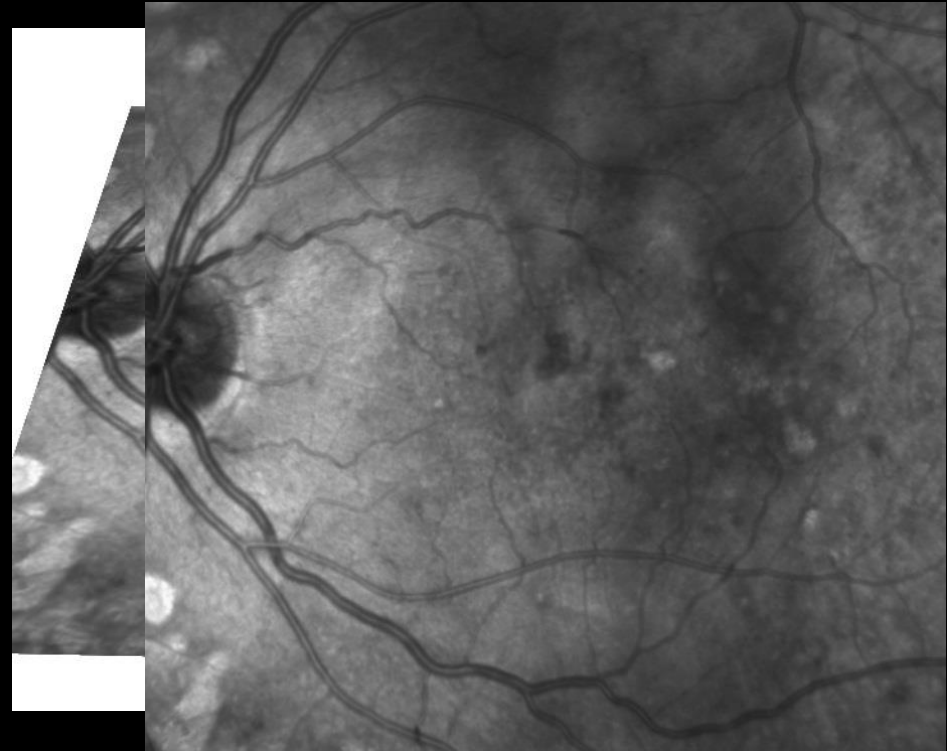
Diabetic Macular Edema (DME):

Consiste nell'accumulo di liquido nello spessore della retina a livello della macula per una eccessiva essudazione di fluidi e di macromolecole lipidiche dai vasi capillari retinici

L'aumento di permeabilità dei vasi retinici può comparire in qualsiasi stadio della retinopatia causando un ispessimento edematoso della regione maculare



RETINOPATIA DIABETICA: EMD: EDEMA MACULARE DIABETICO



CAPILLARI RETINICI NORMALI

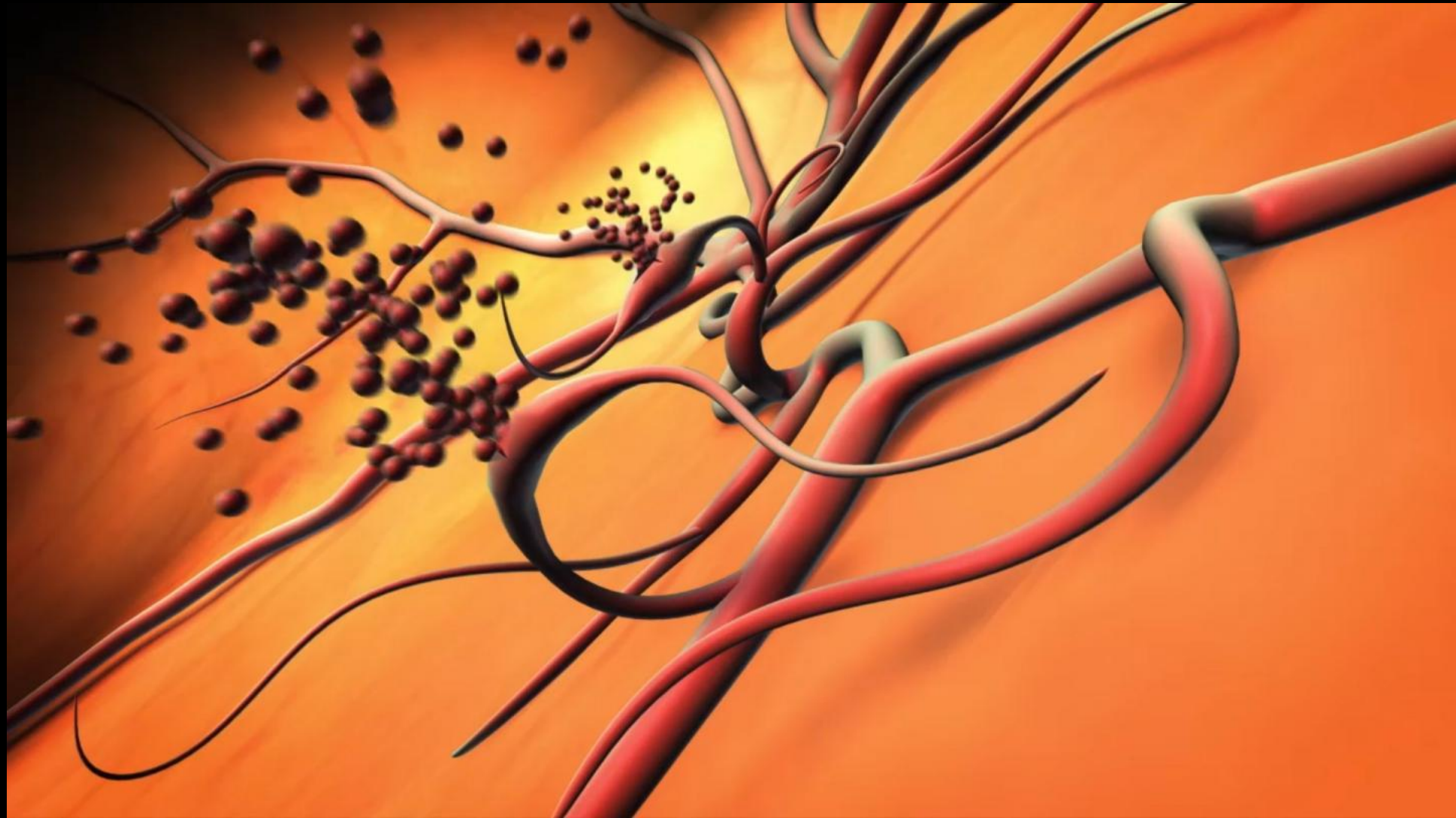


RETINOPATIA DIABETICA

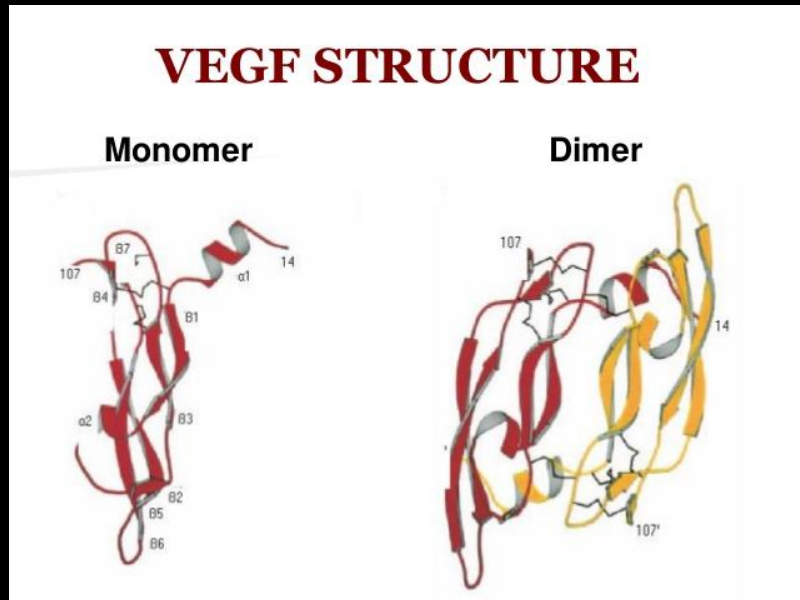


ALTERATA PERMEABILITA' CAPILLARE

RETINOPATIA DIABETICA PROLIFERANTE EMOVITREO



VEGF Vascular Endothelial Growth Factor



NAPOLEONE FERRARA
1956 -

ANTI-VEGF INTRAVITREALI



PREVENZIONE

CONTRASTARE LE PATOLOGIE ED I FATTORI DI RISCHIO ASSOCIATI

- IPERTENSIONE ARTERIOSA SISTEMICA
- IPERCOLESTEROLEMIA
- RIDURRE I CARBOIDRATI NELLA DIETA
- PREDILIGERE I CARBOIDRATI A BASSO IMPATTO INSULINEMICO

PREVENZIONE

**SCREENING E TRATTAMENTO PRECOCE
FOLLOW-UP E TERAPIE CON LA TEMPISTICA OPPORTUNA**

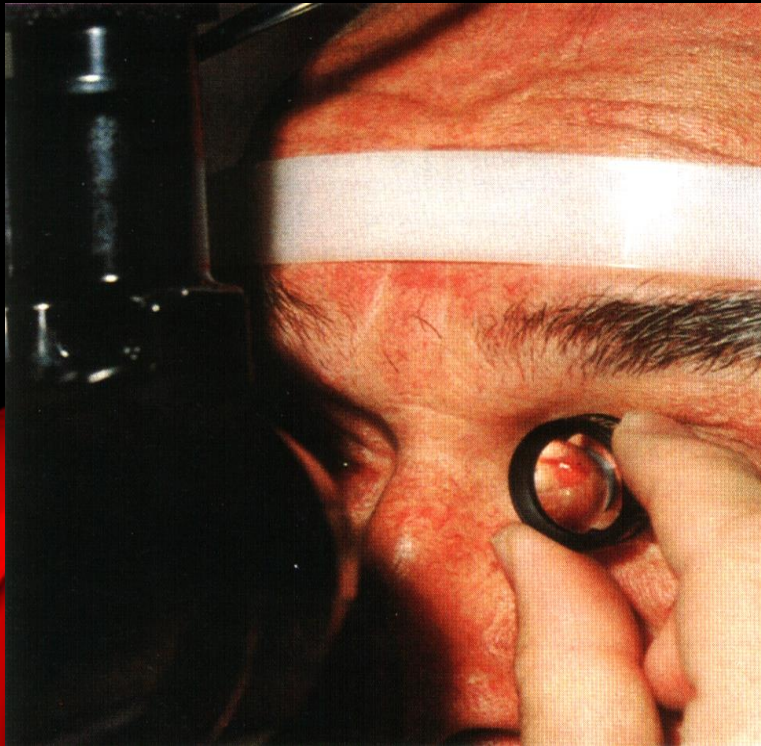
- ESAME DEL FONDO OCULARE (FUNDUS OCULI)
- RETINOGRAFIA – OCT
- FLUOROANGIOGRAFIA RETINICA

- RUOLO DEI FITOTERAPICI/NUTRACEUTICI?

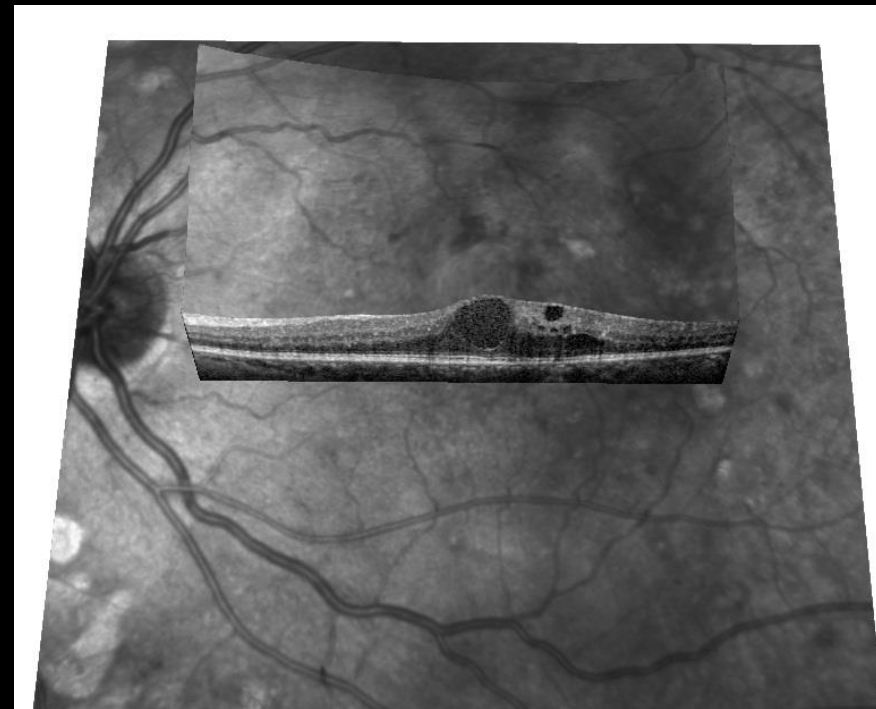
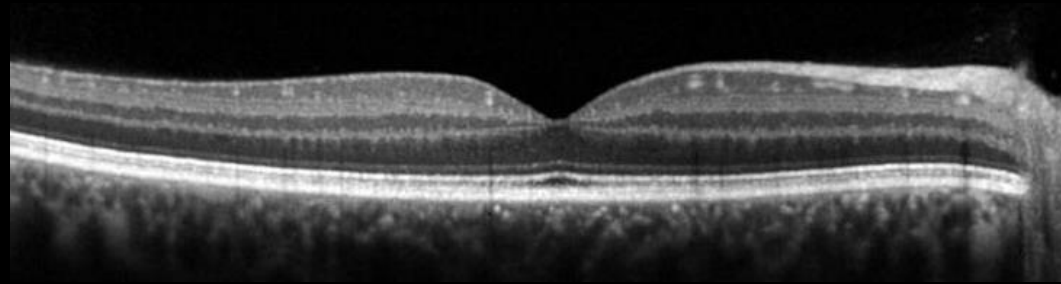
- IVT CORTISONICI
- IVT ANTI-VEGF

ESAME DEL F.O.

FLUOROANGIOGRAFIA

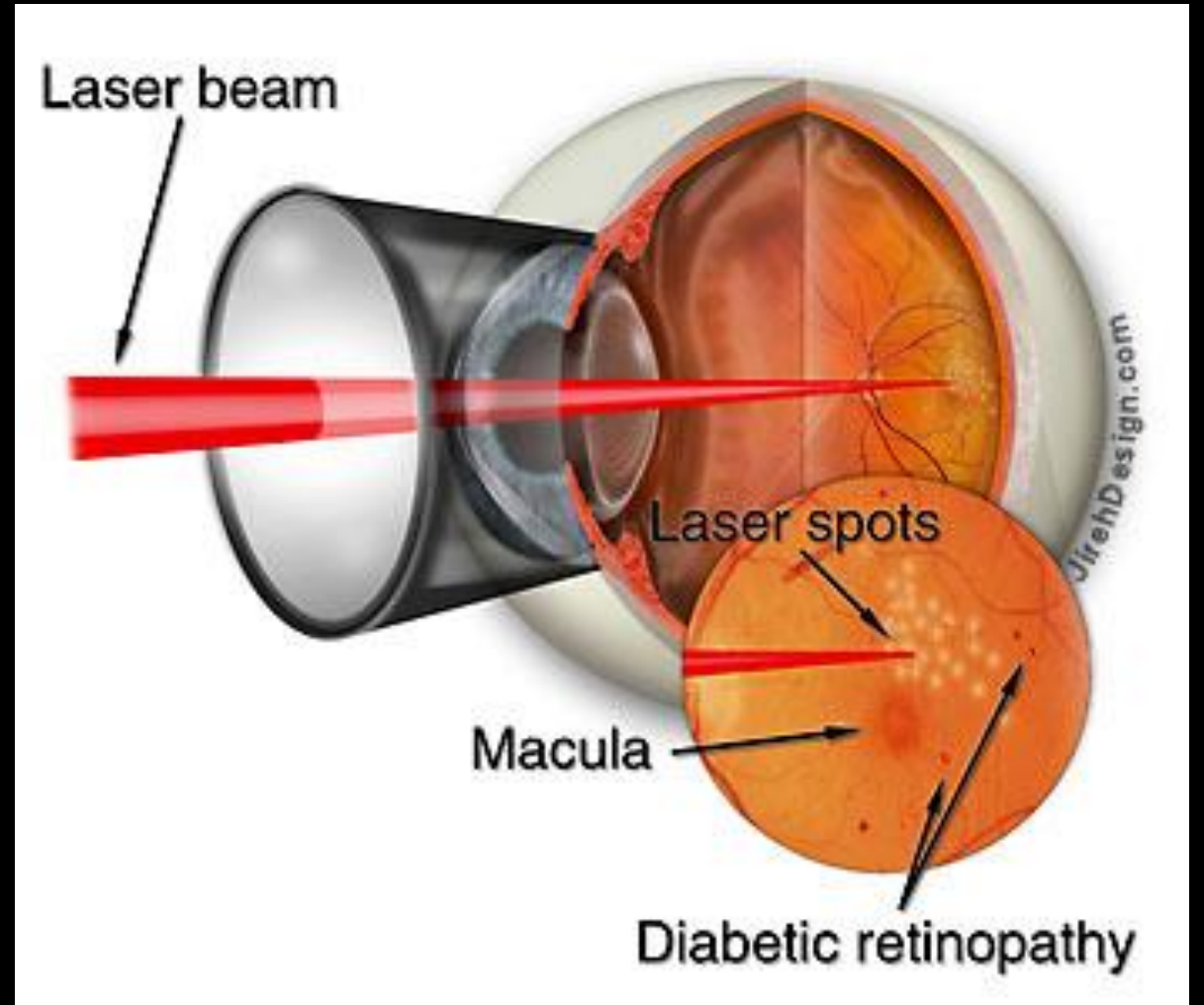


PREVENZIONE: **RETINOGRAFIA-OCT**

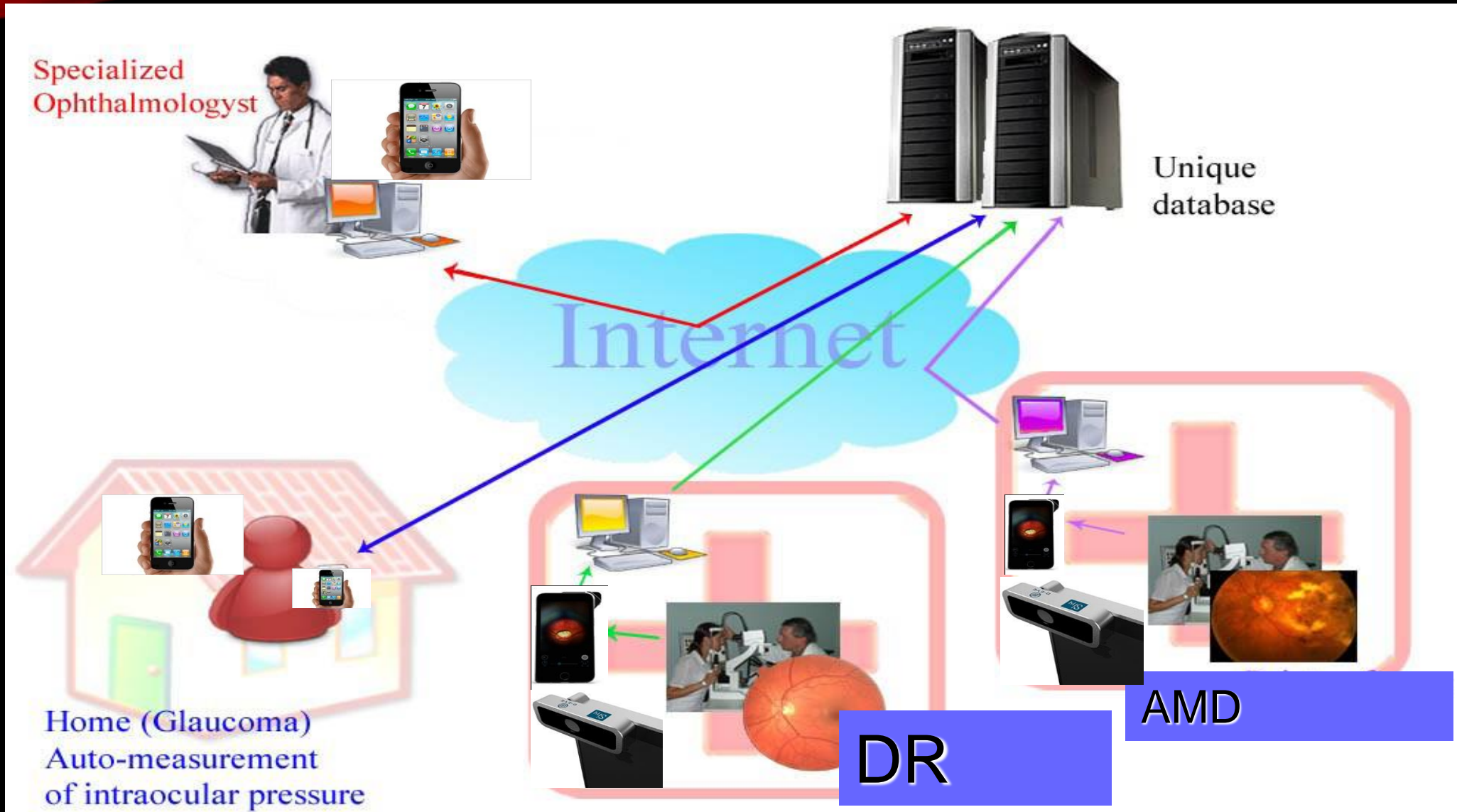


PREVENZIONE/TERAPIA:

LASER



PREVENZIONE...TELEOFTALMOLOGIA



PREVENZIONE DELLA **RD**

Se il paziente diabetico si sottopone periodicamente e per tempo agli accertamenti diagnostici e segue i consigli del diabetologo:

1. PUO' PREVENIRE L'INSORGENZA DELLE COMPLICANZE (**RD**)
2. PUO' INIZIARE A TRATTARE LA **RETINOPATIA DIABETICA** IN UNO STADIO PRECOCE
3. PUO' **EVITARE** DI DIVENTARE **IPOVEDENTE** O **CIECO** (IMPATTI PERSONALI E SOCIALI DEVASTANTI)

GRAZIE

