

HYDERABAD, SATURDAY, APRIL 12, 2014

# THE HINDU

## Diabetics risk losing eyesight

Study says more than 50 p.c. patients visiting eye doctors are diabetics

Staff Reporter

**HYDERABAD:** More than half the patients visiting an eye doctor had had diabetes for over 10 years, 15 per cent of them for 20 years, making them high-risk groups for vision loss, says a multi-city India study on Diabetic Retinopathy (DR).

The study, conducted by the Public Health Foundation of India in collaboration with Queen Elizabeth Diamond Jubilee Trust and London School of Hygiene and Tropical Medicine, says 45 per cent of patients had lost their vision before they knew they suffered from DR.

### Little awareness

"It's clear there is a lack of awareness on diabetes and its obvious link to vision loss. Hyderabad is the diabetic capital of South Asia and screening and awareness campaigns should be more fo-

**EYES  
RIGHT**



**50% hospitals do not have a system to track patients for follow-up**

**45%**  
DR patients had visual loss before condition was diagnosed

**33%**  
patients reported that they received no info on DR from care givers

**67%** were unaware of that poor control of diabetes risk DR

Most state-run diabetes facilities do not have DR services

**70%** medical staff were untrained in ophthalmoscopy

**50% eye hospitals acknowledge that their personnel required training on medical retina**

It's clear there is a lack of awareness on diabetes and its obvious link to vision loss. Hyderabad is the diabetic capital of South Asia and screening and awareness campaigns should be more focussed here

**G.V.S. MURTHY, DIRECTOR, INDIAN INSTITUTE OF PUBLIC HEALTH,**

cussed," said director of the Indian Institute of Public Health, Hyderabad, G.V.S. Murthy told reporters. Interestingly, the study said 40 per cent of the pa-

tients in public hospitals, and 13 per cent in private facilities, did not receive any information about diabetes and its complications from care givers. Fifty per cent private eye clinics acknowledged that there was a need to train their health workers on DR.

"Public health institutions in India should strive to provide one-stop service to diabetics. Patients should have access to diabetologists, kidney (nephrologist) and eye (ophthalmologist) doctor, foot check-up, dietician, and diagnostic services like urine and blood tests under one roof. There is also a need train personnel to detect DR," said Queen Elizabeth Diamond Jubilee Trust CEO Astrid Bonfield.

### State services fall short

The study acknowledged that government-run diabetic clinics did not have services on DR, 70 per cent of the facil-

ities (public and private) had no dieticians, a third of the patients (33 per cent) received no health education on DR and two-third of DR patients did not know that diabetes is the reason for their condition.

"Early detection and management is the key to save patients from losing their vision. There is no organised screening and management programmes for DR in India and there is a need to evolve a sustainable model to control DR and reduce its risk by better control of diabetes," summed up Dr. Astrid.

The study was conducted in Hyderabad, Mumbai, Delhi, Bangalore, Ahmedabad, Chennai, Kolkata, Surat, Pune, Jaipur, Bhubaneswar, Madurai, Thiruvananthapuram and Noida and covered a total of 86 eye clinics, 73 diabetic facilities and nearly 850 patients in the last four months.



## 45% diabetics blind before diagnosis of retinopathy: Study

TIMES NEWS NETWORK

**Hyderabad:** A staggering 45% of diabetics in the country lost their vision even before they were diagnosed with diabetic retinopathy, a condition that causes blindness, a nationwide study has revealed.

The study conducted by the Public Health Foundation of India (PHFI) to check the existing screening and treatment facilities for diabetics revealed more startling facts.

For instance, 40% of diabetics in public health facilities and 13% in private facilities were clueless about the condition and other complications associated with uncontrolled blood sugar levels.

Diabetic retinopathy (DR) is the leading cause of avoidable blindness among adults, with one in five diabetics suffering from the condition, experts say.

The study unearthed the disturbing fact that less than a third of physicians dealing with diabetes gave enough attention to vision, with most of them not even having a simple vision chart in their clinics.

Cities, including Mumbai, Delhi, Bangalore, Hyderabad, Ahmedabad, Chennai, Kolkata, Surat, Pune, Jaipur, Bhubaneswar, Madurai, Trivandrum and Noida were part of the four-month analysis.

"Going blind is a big concern among diabetics, followed by kidney failure," said Professor GVS Murthy, director, Indian Institute of Public Health, Hyderabad, a constituent unit of PHFI.

Releasing the data collected ahead of the three-day Diabetic Retinopathy Summit, which will begin in the city on Saturday, Murthy said 60-65 million people in the country are suffering from diabetes, of which around 6 million have DR.

The summit is being organized by the Queen Elizabeth Diamond Jubilee Trust in partnership with the PHFI and the London School of Hygiene and Tropical Medicine (LSHTM).

The Queen Elizabeth Diamond Jubilee Trust will pump in a substantial 7 million

### THE STUDY FINDS...

- ▶ Majority of public-funded health facilities provide no service for DR
- ▶ Only 11% of public and 54% of private health facilities have dedicated clinics for diabetics
- ▶ 70% of all health facilities had no dietician
- ▶ 80% lacked protocols on detection and management of complications
- ▶ 70% public and 40% private eye clinics need training in medical retina
- ▶ Only a third of the hospitals had a trained retinal photographer
- ▶ Half of the hospitals have no system in place to track patients for follow up
- ▶ 78% of public and 43% of private facilities are in need of some equipment
- ▶ By 2030, India will have an estimated 80 million diabetics, the highest for any country

pounds to combat DR among adults and retinopathy of prematurity which occurs in premature babies. "This is a huge step towards tackling an escalating cause of blindness and will ultimately save the sight of many millions of people across the commonwealth," Dr Astrid Bonfield, chief executive of the trust, said.

"Once someone loses vision due to diabetes retinopathy, it is impossible to restore it. Annual eye examination is a must, even if the eyes appear completely normal, to prevent visual loss," said Prof Clare Gilbert, co-director, International Centre for Eye Health, LSHTM. The summit will have discussions and workshops that will bring together leaders in eye health, diabetes and health policy to chart out an integrated action plan to combat DR.

### EYE OPENER



# 3-day National Diabetic Retinopathy Summit to Begin in City Today

Of the 86 lakh people screened in 8 districts of the state, 6 lakh are found to be diabetic

Express News Service

**Hyderabad:** The Queen Elizabeth Diamond Jubilee Trust, UK; International Centre for Eye Health; London School of Tropical Medicine; and the Public Health Foundation of India have come together to prepare a national strategy for the prevention, detection, and treatment of major causes of avoidable blindness, ie; to combat visual loss and blindness due to diabetes.

As a first major step, a National Diabetic Retinopathy Summit will be held from April 12 to 14 in the city.

Announcing it here on Friday, Dr GVS Murthy, director of Indian Institute of Public Health (Hyderabad) and vice-president (south) of PHFI, said diabetic retinopathy was a leading cause of avoidable blindness among diabetics in India. "Diabetic retinopathy is one of the leading public health challenges in the country with 18 pc diabetics suffering from it. Awareness of it in India is poor and about a third of diabetics don't know about it," he said. According to WHO, by 2030 India will have an estimated 80 million diabetics, the highest number in any country.

Dr Astrid Bonfield, chief executive of The Queen Elizabeth Diamond Jubilee



(From left) Public Health Foundation of India vice-president (south) GVS Murthy, professor of International eye health at London School of Hygiene and Tropical Medicine Clare Gilbert and chief executive of The Queen Elizabeth Diamond Jubilee Trust Astrid Bonfield at a press conference in Hyderabad on Friday. | NEERAJ MURALI

Trust, said that the action plan for the next five years required participation of the Indian government, eye care professionals, international and national NGOs, academic researchers, civil society, patient groups and the media.

Quoting from a study done in this respect by the South Asia Centre for Disability Inclusive Development & Research (SACDIR) at the Indian Institute of Public Health, Hyderabad

(IIPH-H), a constituent unit of the Public Health Foundation of India (PHFI), Dr Murthy said that half of the people in the study did not know they had diabetes until they visited an eye clinic for problems with their vision. More than half the patients visiting ophthalmologists had been suffering from diabetes for over 10 years, with 15 per cent living with the condition for over 20 years and, therefore, putting themselves at a high risk of sight

loss. "Vision, once lost, cannot be restored though it can be if DR is detected early," he added.

Dr Geeta Prasadini, additional director in the directorate of public health and family welfare, said that under the national programme for prevention and control of cancer, diabetes and cardiovascular diseases and strokes, the state government screened 86 lakh people in eight districts of Andhra Pradesh and discov-

ered that 6 lakh of them were diabetic.

Prof Clare Gilbert from the International Centre for Eye Health, London School of Tropical Medicine explained the UK model of diagnosis where a physician takes photograph of the patient's retina himself and consults an ophthalmologist. "The real challenge for India will be to scale up the number of support bases to cater to the large population," she said.



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శనివారం ఏప్రిల్ 12, 2014

## మధుమేహంతో దృష్టి సమస్యలు తీవ్రం!

- వారిలో అంధత్వ నివారణకు భారతీయ ప్రజారోగ్య సంస్థ ప్రత్యేక కార్యచరణ
- జాగ్రత్తలు తీసుకోకపోతే చూపు కోల్పోయే ప్రమాదముందని హెచ్చరిక

ఈనాడు, హైదరాబాద్: "ప్రతి ఐదుగురు మధుమేహ రోగుల్లో ఒకరు దృష్టి సంబంధ సమస్యలకు గురవుతున్నారు. దీనిని ముందుగానే గుర్తించి చికిత్స తీసుకుంటే అంధత్వం బారిన పడకుండా నివారించేందుకు 90 శాతం అవకాశముంది. నిర్లక్ష్యం చేస్తే చూపు కోల్పోయే ప్రమాదముంది" అని భారతీయ ప్రజారోగ్య సంస్థ సంచాలకులు జి.వి.ఎస్.మూర్తి చెప్పారు. మధుమేహ రోగుల్లో పెరుగుతున్న అంధత్వ సమస్యల నివారణకు... మనదేశంలో అనుసరించాల్సిన విధానాలపై 'లండన్ స్కూల్ ఆఫ్ హైజీన్ అండ్ ట్రాపికల్ మెడిసిన్'తో కలిసి పనిచేయనున్నట్లు ఆయన వెల్లడించారు. ఇందుకు సంబంధించి అంతర్జాతీయస్థాయి వైద్య నిపుణులతో మూడురోజుల సదస్సును



హైదరాబాద్‌లోని నిర్వహించిన సదస్సులో మాట్లాడుతున్న జి.వి.ఎస్.మూర్తి, తదితరులు

హైదరాబాద్‌లో నిర్వహిస్తున్నట్లు వివరించారు. దేశంలో దాదాపు ఆరు కోట్ల మంది మధుమేహ రోగులుండగా, వారిలో 60 లక్షల మందికి మధుమేహంతో వచ్చే అంధత్వ సమస్యలు (డయాబెటిక్ రెటినోపతి) ఉన్నట్లు చెప్పారు. వీటి నివారణకు సత్వరం చర్యలు తీసుకోకపోతే, భవిష్యత్తులో అంధత్వం బారినపడేవారి సంఖ్య బాగా పెరిగే ప్రమాదముందని ఆందోళన వ్యక్తం చేశారు. మధుమేహ రోగుల్లో రక్తంలో చక్కెర స్థాయి నియంత్రణలో లేకపోతే

... మూత్రపిండాలతో పాటు కంటిచూపు దెబ్బతినే ప్రమాదం ఉందన్నారు. ఈ సమస్యల నియంత్రణకు ప్రత్యేక కార్యచరణ ప్రణాళికను త్వరలోనే ప్రభుత్వానికి అందజేస్తామని, వైద్య సిబ్బందికి అవసరమైన శిక్షణ కార్యక్రమాలను నిర్వహిస్తామని చెప్పారు.

దక్షిణాసియాలో హైదరాబాద్‌దే అగ్రస్థానం

మధుమేహం విషయంలో దక్షిణాసియా దేశాల్లోనే హైదరాబాద్ నగరం అగ్రస్థానానికి చేరుకుందని మూర్తి చెప్పారు. ఆరోగ్యకరమైన ఆహార అలవాట్లు లేకపోవడం, పని ఒత్తిడి, నిద్రలేమి తదితర కారణాల వల్ల మధుమేహంతో పాటు రక్తపోటు సమస్యలూ పెరుగుతున్నట్లు తమ అధ్యయనంలో వెల్లడైందన్నారు. మధుమేహం ఉన్న వారిలో దృష్టి సమస్యలను ముందుగా గుర్తిస్తే, అంధత్వానికి గురికాకుండా నివారించడానికి చికిత్సలు అందుబాటులో ఉన్నాయని క్వీన్ ఎలిజబెత్ డైమండ్ జూబ్లీ ట్రస్టు ముఖ్య కార్యనిర్వహణాధికారి డాక్టర్ ఆస్టిడ్ బోన్‌ఫిల్డ్ చెప్పారు. మధుమేహంతో వచ్చే అంధత్వ సమస్యల నివారణకు తమ ట్రస్టు ద్వారా సహాయ సహకారాలు అందిస్తా

మన్నారు. ఈ రోగులు క్రమం తప్పకుండా ఏడాదికి ఒకసారి కంటి పరీక్షలు చేయించుకోవాలని, దృష్టి సమస్యలు ప్రాథమిక దశలోనే ఉంటే తక్కువ ఖర్చుతో సూదిమందు ద్వారా నయం చేసుకోవచ్చని తెలిపారు.

జీవనశైలి సంబంధ వ్యాధులకు ఔషధాలు...

శ్రీకాకుళం, విజయనగరం, కృష్ణా, ప్రకాశం, నెల్లూరు, చిత్తూరు, కడప, కర్నూలు జిల్లాల్లో 30 ఏళ్లు పైబడిన వారికి జీవనశైలి వ్యాధులు వస్తున్నాయని... మధుమేహం, రక్తపోటుకు సంబంధించి వారికి ఆరోగ్య పరీక్షలు చేసి, ఔషధాలు ఇస్తున్నట్లు వైద్య ఆరోగ్యశాఖ ఉపసంచాలకులు డాక్టర్ గీతాప్రసాదాని చెప్పారు. మిగిలిన జిల్లాల్లో పోలిస్తే నెల్లూరు జిల్లాలో మొత్తం ప్రజల్లో 10.8% మందిలో మధుమేహం, 11.2% మందిలో అధిక రక్తపోటు సమస్యలున్నట్లు గుర్తించామన్నారు. ఇదే తరహాలో మిగిలిన జిల్లాల్లో కూడా దశల వారీగా కార్యక్రమాలు చేపట్టనున్నట్లు చెప్పారు. మధుమేహంతో వచ్చే అంధత్వ సమస్యల నివారణకు భారతీయ ప్రజారోగ్య సంస్థ సహకారంతో వైద్య ఆరోగ్యశాఖ సిబ్బందికి శిక్షణ ఇప్పిస్తామన్నారు.