

## INCIDENCE OF DIABETIC RETINOPATHY IN PATIENTS WITH TYPE 1 DIABETES OF UP TO 10 YEARS' DURATION IN THE PROVINCE OF WARMIA AND MAZURY

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**Introduction.** Polish literature lacks, thus far, sufficient data concerning the incidence of diabetic retinopathy in its initial stage of duration.

**Aim.** To evaluate the incidence of diabetic retinopathy in patients with type 1 diabetes mellitus (DM1) of a short disease duration (from 1 to 10 years).

**Materials and methods.** Initially, 331 patients with DM1 were qualified for this study. Out of this number, 143 patients (69 females and 74 males) were included in the final examination, with their disease duration being from 1 to 10 years. These patients remained under the care of the Diabetology and Metabolic Disorders Center in Olsztyn (since 2000 the Provincial Diabetology Outpatient Clinic at the Provincial Specialist Hospital in Olsztyn and the Provincial Diabetology Outpatient Clinic for Children and Youth at the Provincial Specialist Children's Hospital in Olsztyn). All patients underwent interviews and ophthalmic examinations.

**Results.** In the study group 23 patients (42 eyes) presented eye complications (13 females and 10 males). These included 15 patients (26 eyes) with nonproliferative diabetic retinopathy, 1 patient with diabetic maculopathy, 7 patients (13 eyes) with cataract and 2 patients with suspected glaucoma. Color fundus photography was performed in the case of 125 patients and consequently diabetic retinopathy was diagnosed in 8 patients (13 eyes).

**Conclusions.** 1. In total, 15% of patients with DM1 of a short disease duration developed ocular complications. 2. The main ocular complication of diabetes in the researched group was nonproliferative diabetic retinopathy. 3. Color photography of the eye is a simple and cheap method for screening for retinopathy, but it must be performed by an experienced expert and with the use of a digital fundus camera. 4. The utilization of a fundus camera to examine children is difficult because of their lack of cooperation and it is not recommended as a screening procedure.