

FIGHT DIABETIC BLINDNESS

August Sight Saving Month 2016

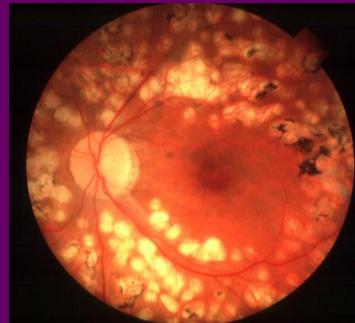
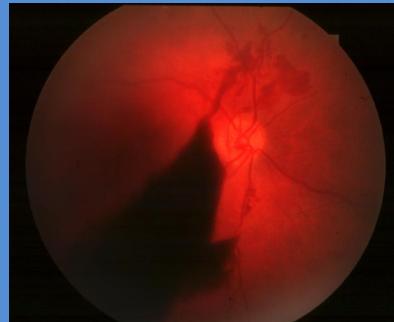
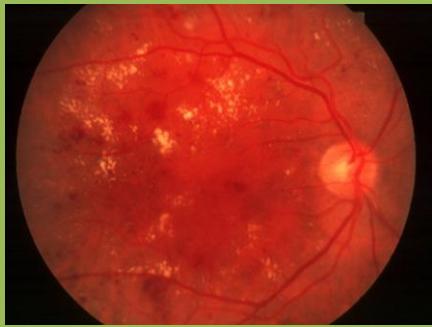
Diabetic Retinopathy



Philippine Academy of Ophthalmology



Vitreo-Retina Society of the Philippines



LAY FORUM

Philippine Academy of
Ophthalmology

Vitreo-Retina Society of
The Philippines



DIABETIC RETINOPATHY



ANO ANG DIABETES?



DIABETES

- mataas na blood sugar

- mataas na blood sugar

ANO ANG DIABETES?

DIABETES

- mataas na blood sugar

Blood Test:

- HbA1c \geq 6.5%
- FBS \geq 126 mg/dL or 7 mmol/L
- OGTT \geq 200 mg/dL or 11.1 mmol/L



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Simtomas:

- Madalas na pag-ihi
- Palaging uhaw
- Palaging gutom kahit kumain
- Matinding pagod
- Sugat na hindi gumagaling
- Namamayat
- Pamamanhid ng mga daliri

KOMPLIKASYON NG DIABETES

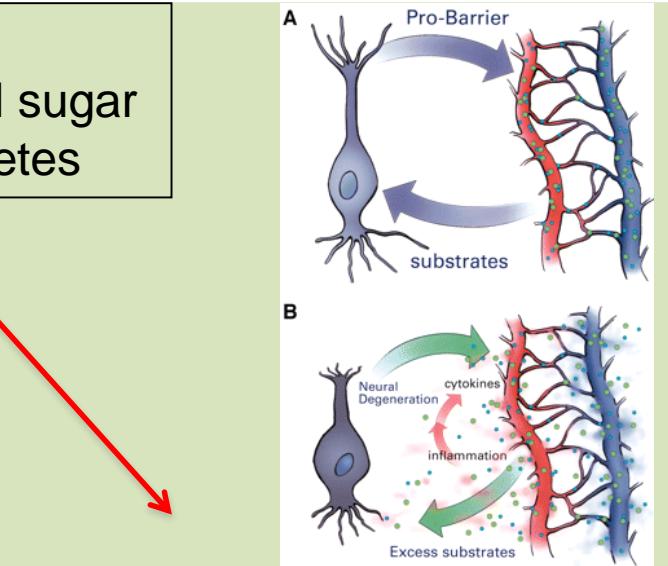
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- mataas na blood sugar
- matagal na diabetes

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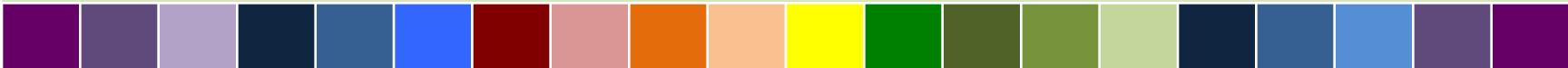
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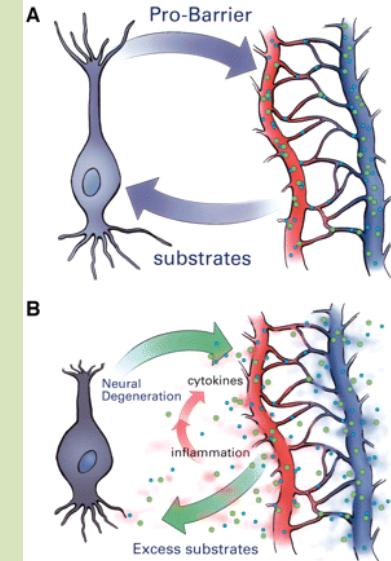
- malapot na dugo
- sira sa blood vessels

KOMPLIKASYON NG DIABETES



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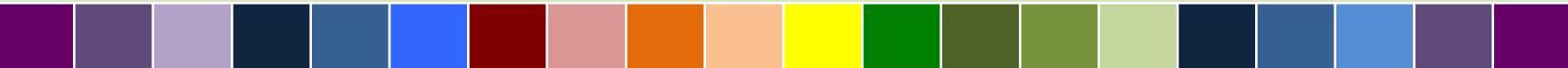
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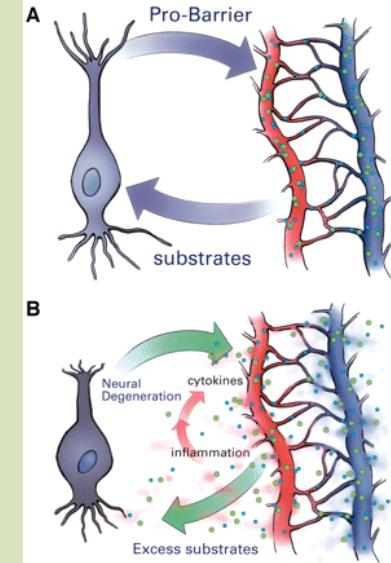
Problema sa iba't ibang
parte ng katawan

KOMPLIKASYON NG DIABETES



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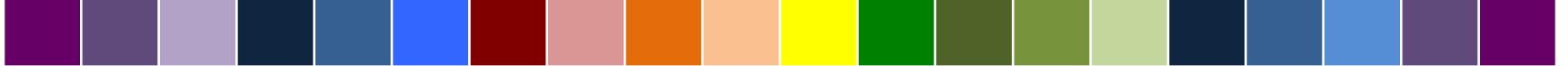
MATA

- **Diabetic Retinopathy**
- Cataract
- Glaucoma



Problema sa iba't ibang
parte ng katawan

- malapot na dugo
- sira sa blood vessels



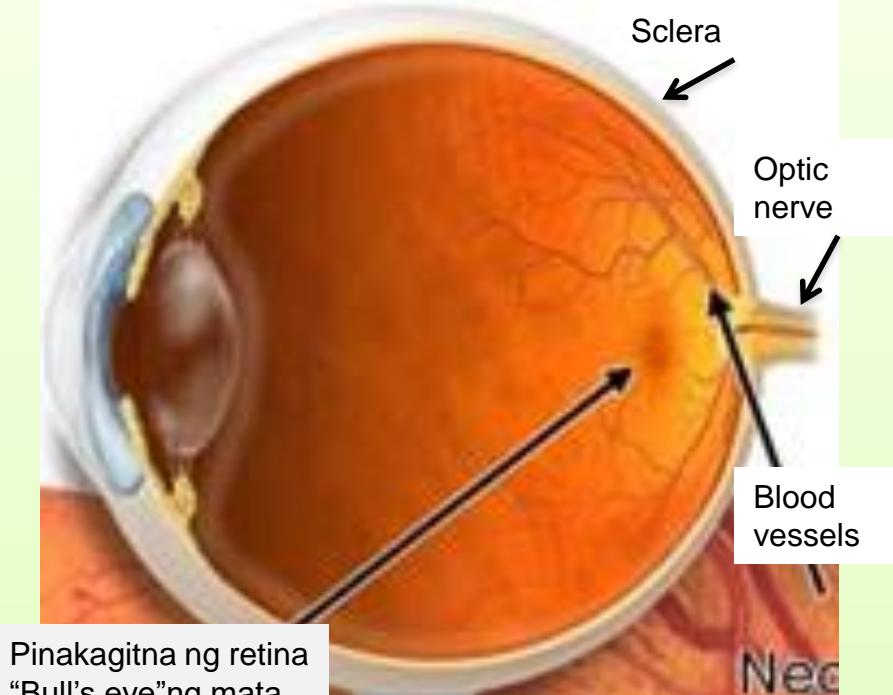
- Ang ipapaliwanag ngayon ay
- Diabetes sa Loob ng mata
- Diabetes ng RETINA
- Diabetic Retinopathy



- Nasaan ang retina?
 - Nasa loob ng mata
 - Balat siya ng “eyeball” sa loob
 - Parang laman ng niyog

- Ang mata ay tulad ng “coconut”..

- May tubig sa loob: “vitreous”
 - May tangkay: “optic nerve”
 - May laman: “retina”
 - “balat” siya sa loob
 - Dapat “flawless”
 - Walang dugo
 - Walang taba-taba
 - May balot sa labas ng eyeball: “sclera”

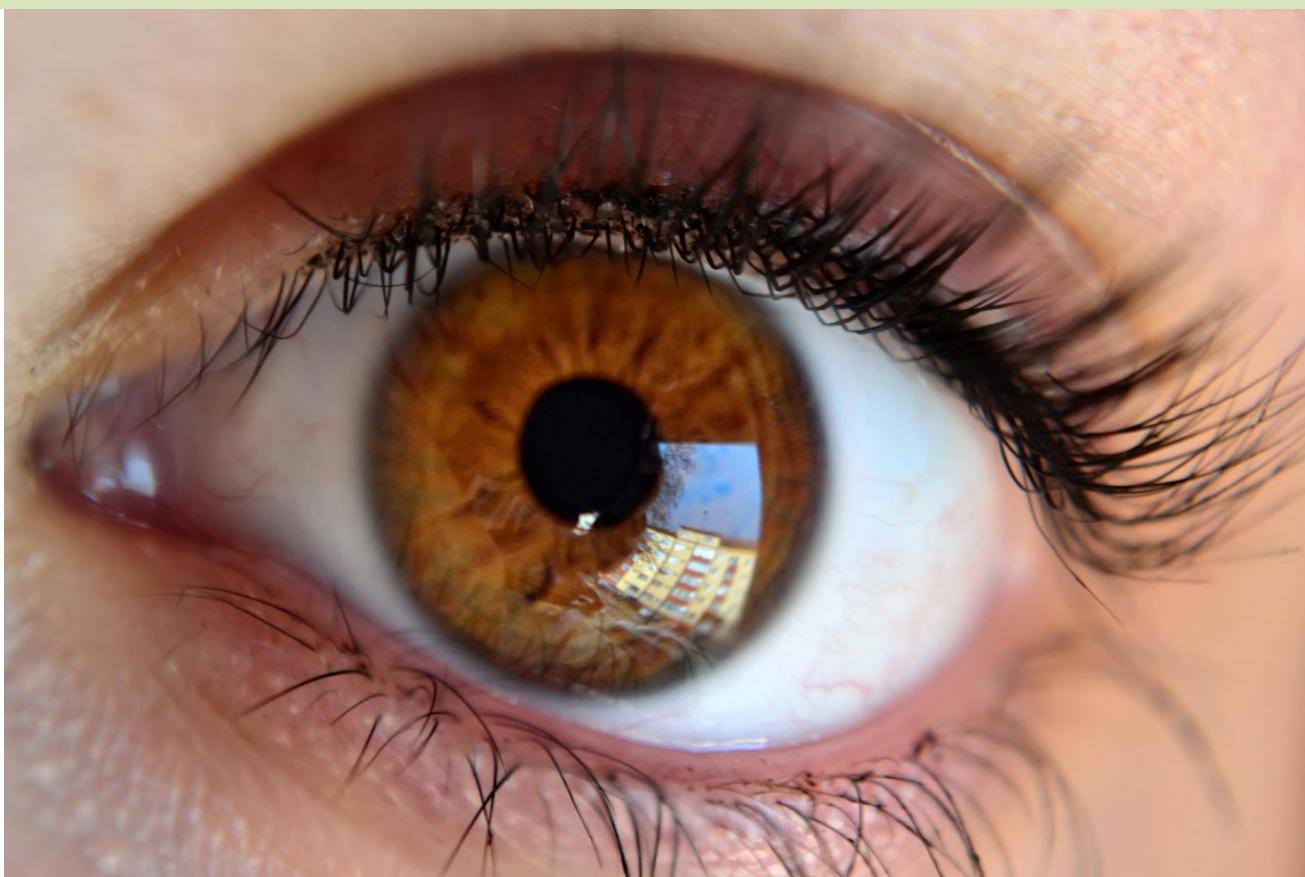
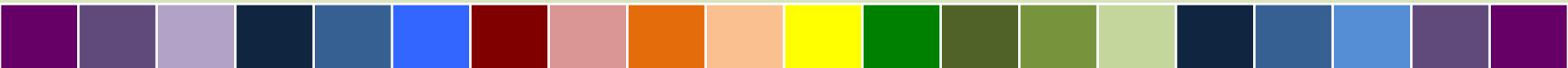




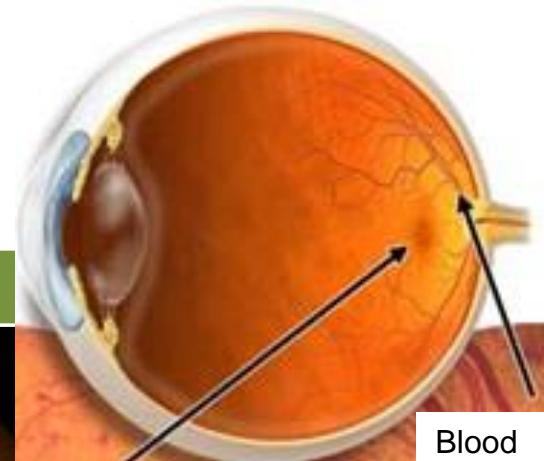
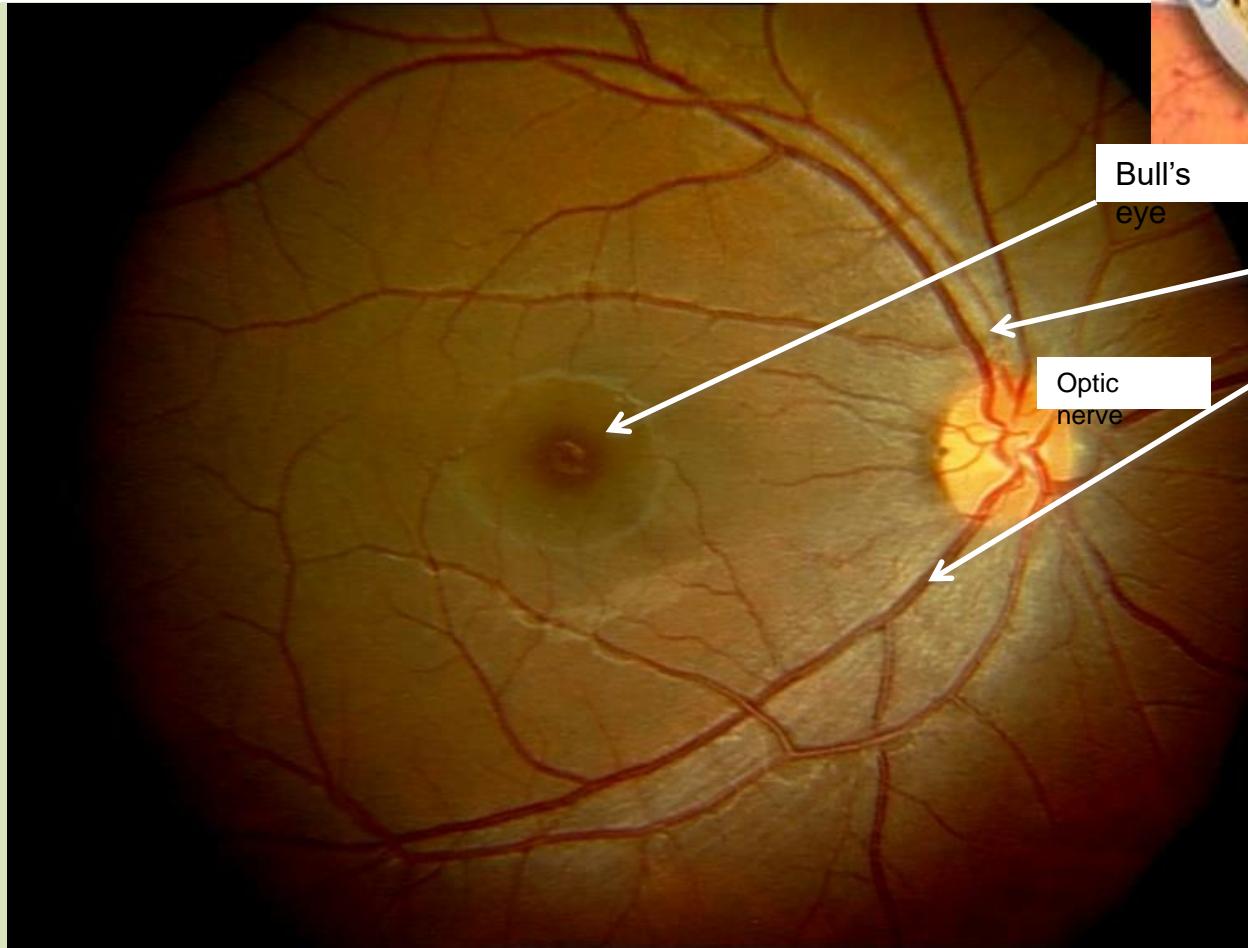
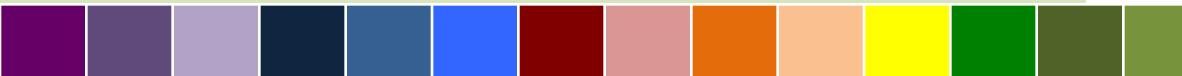
Ano ang nakikita kapag walang
sakit ang retina?

Ano ang itsura ng Normal Retina?

NORMAL RETINA

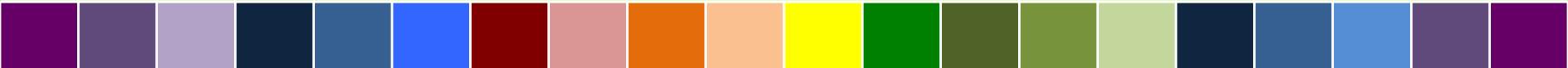


NORMAL RETINA

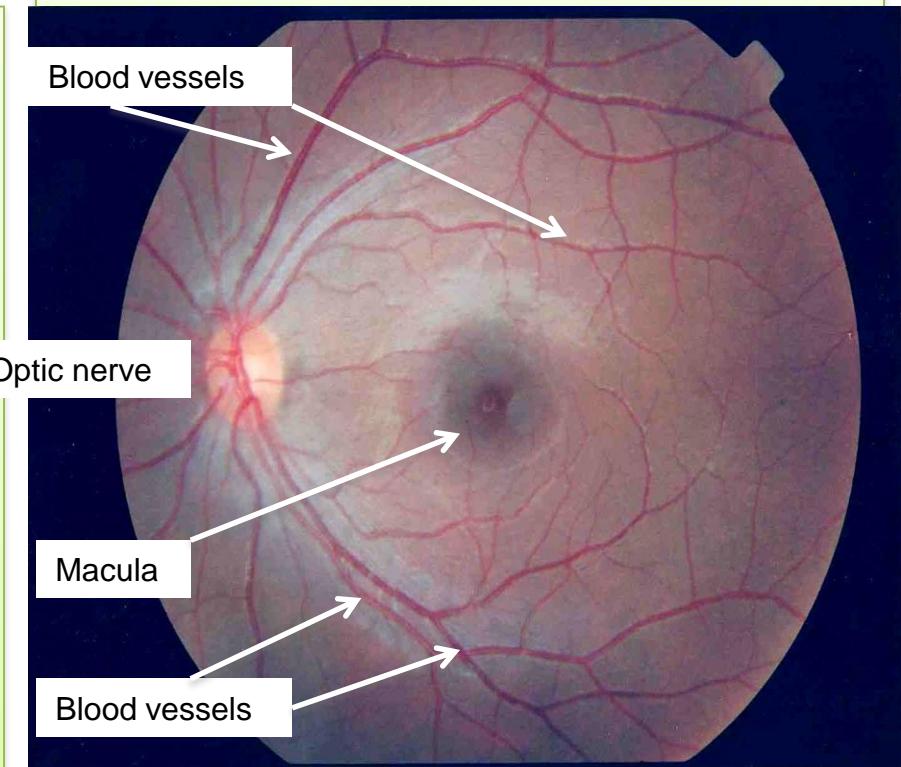


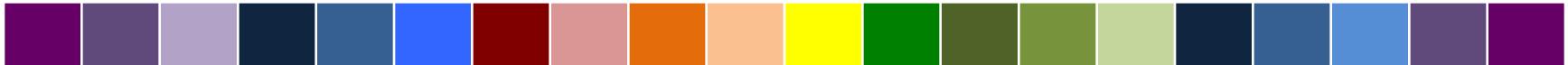
Blood
Vessels

Tandaan: dapat “flawless” ang retina



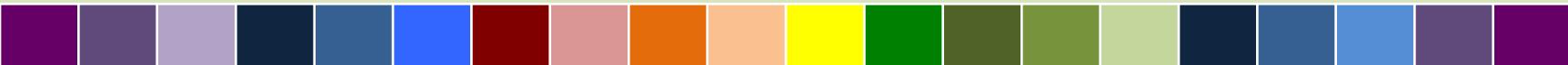
- Walang mga patak ng dugo
- Walang mga tuldok ng taba





**Sino ang nagkakaroon ng
Diabetic Retinopathy?**

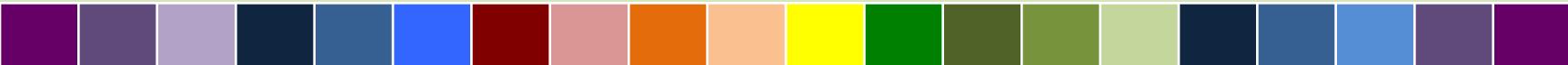
DIABETIC RETINOPATHY



POSIBLENG MAGKAROON KUNG:

- Diabetes Mellitus
 - Hindi kontrolado ang blood sugar
 - Maraming taon nang may DM
- Hindi kontrolado ang blood pressure
- Mataas na blood cholesterol
- Kidney problems
- Nagbubuntis na mayroong DM

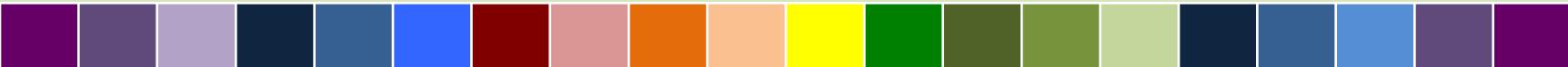
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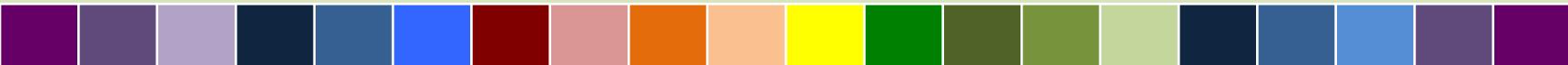
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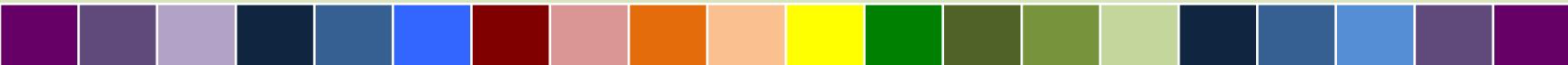
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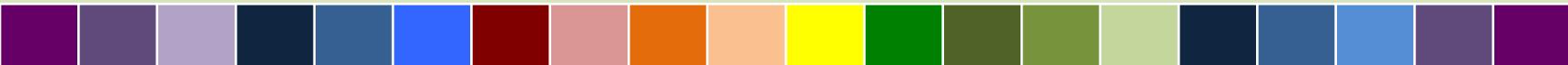
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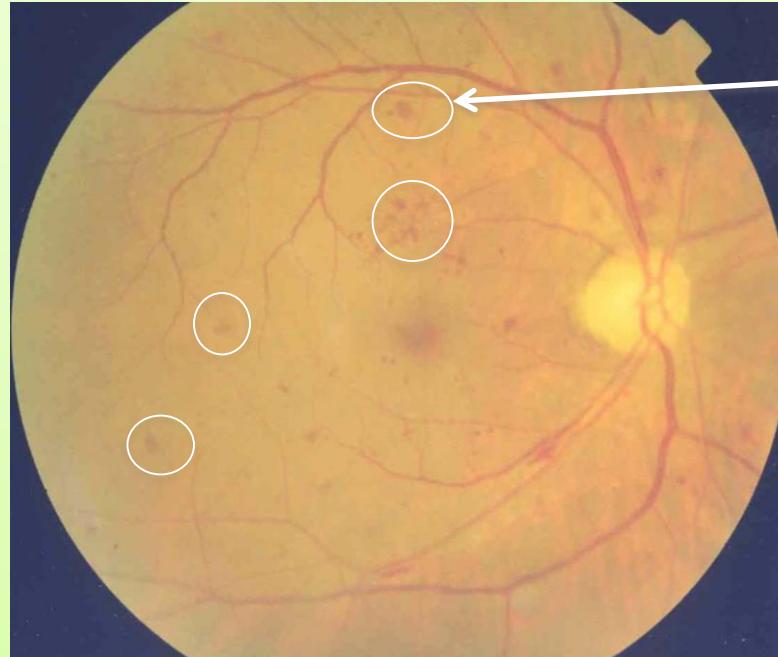
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Ano ang nakikita sa retina kapag
may sakit ng Diabetic Retinopathy?

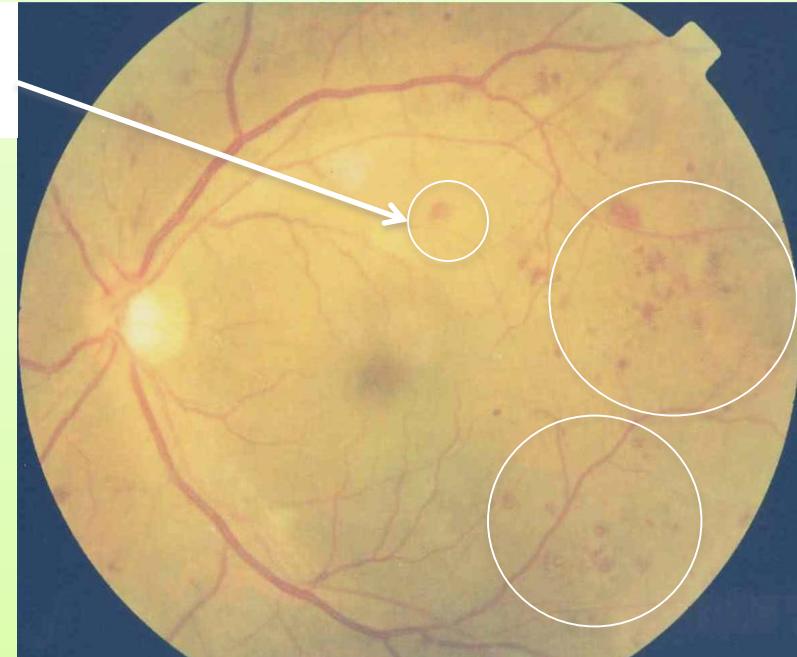
...

- Sa umpisa: “Early Diabetic Retinopathy” kaunti lang ang patak ng dugo na nakikita sa retina

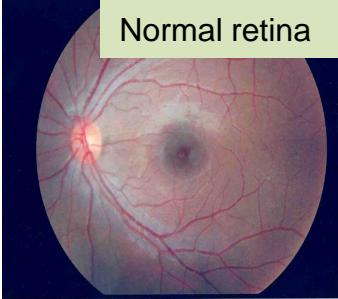


Patak ng dugo

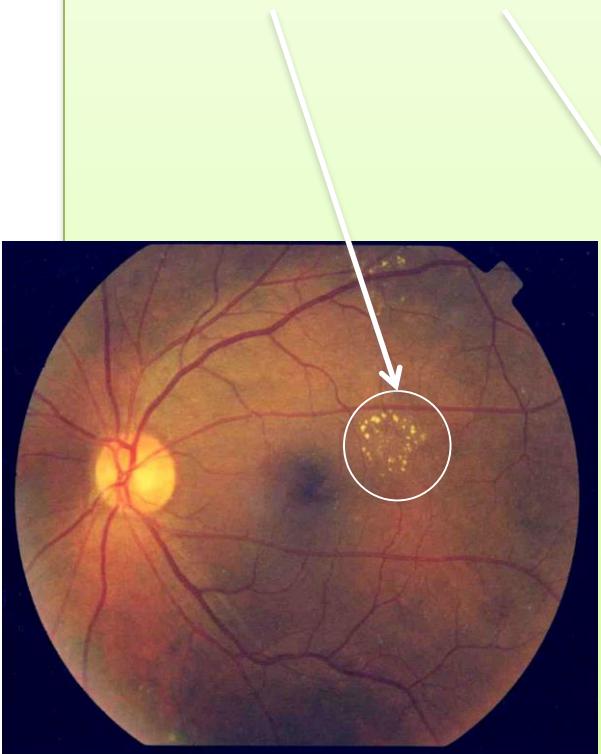
- Parami ng parami ang mga patak sa “Moderate Diabetic Retinopathy” (maaring malinaw pa paningin)



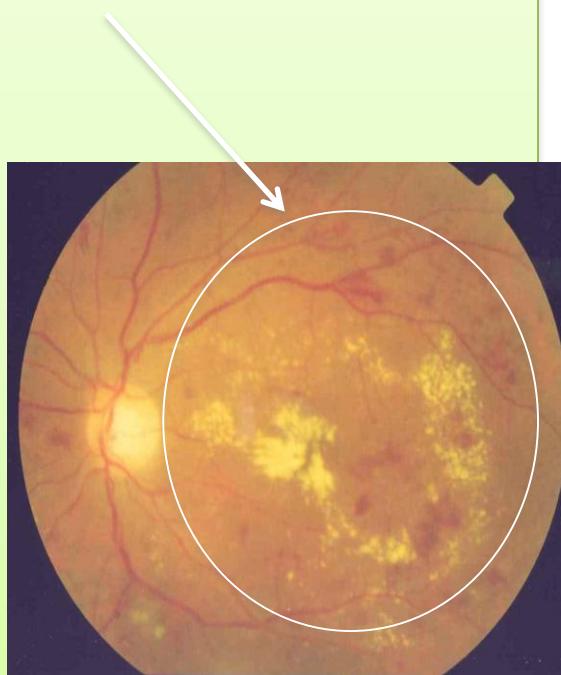
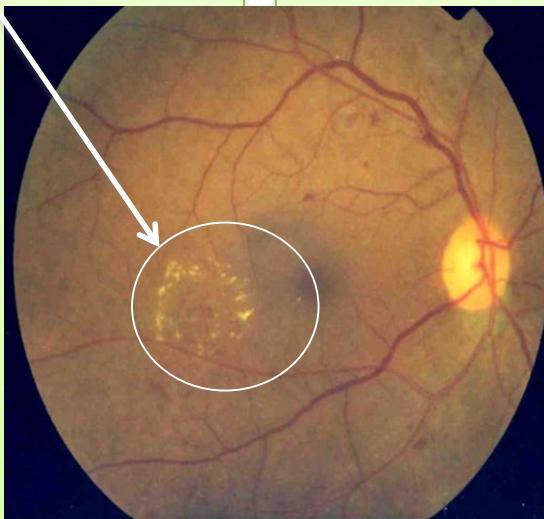
Sa “Moderate Diabetic Retinopathy”...



- Nagakaroon din ng mga tuldok ng taba

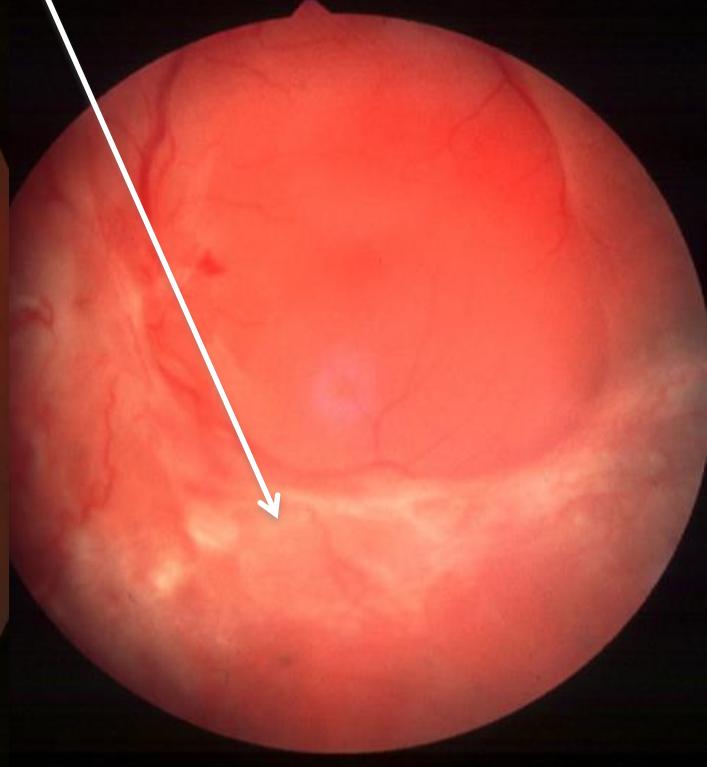
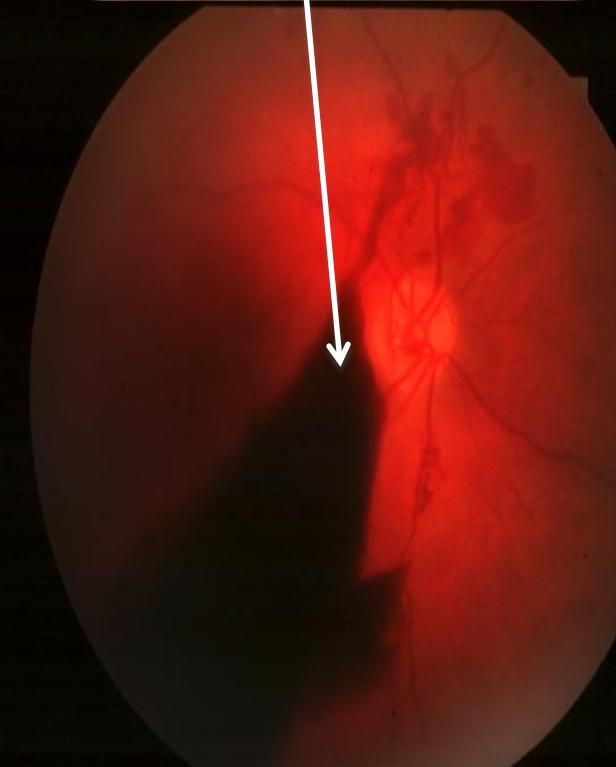
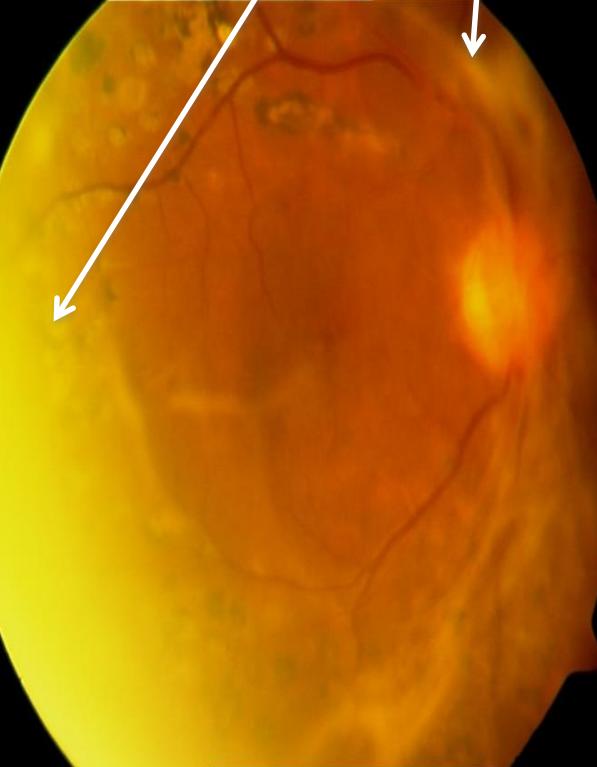
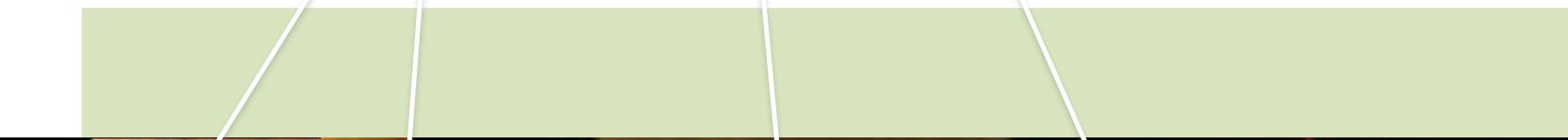
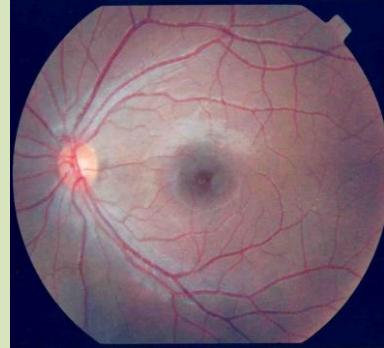


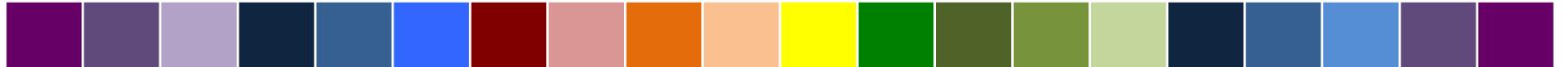
- Kapag lumalala : Parami ng parami ng patak ng dugo at taba



Kapag advanced stage na ang
Diabetic Retinopathy...

...May agiw na tumutubo at
nagdudugo

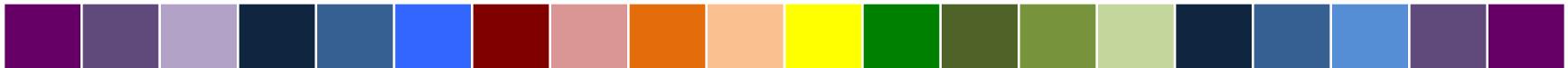




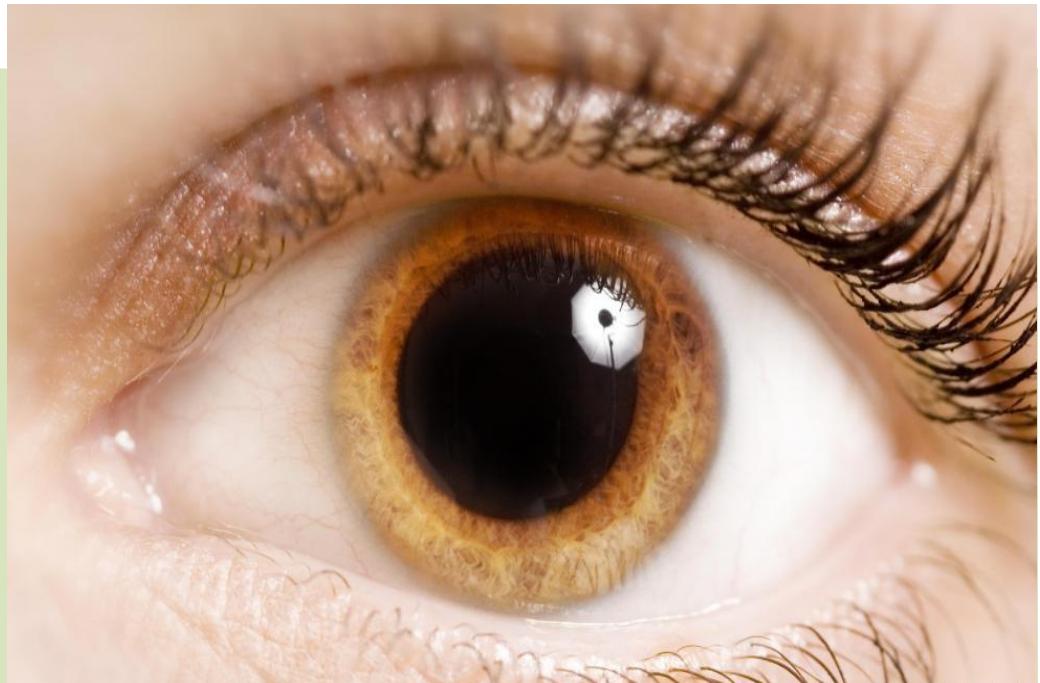
Paano nakikita kung may
Diabetic Retinopathy ang mata?

DIABETIC RETINOPATHY:

Screening



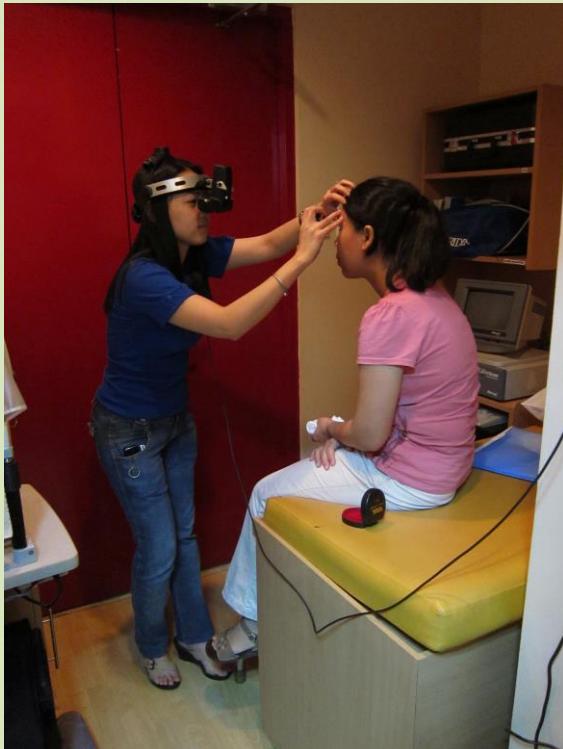
Eye Examination



DIABETIC RETINOPATHY: Additional Examinations



Eye Examination



Fluorescein
Angiography (FA)

Ocular Coherence
Tomography (OCT)



Ano ang ginagawa kapag may
Diabetic Retinopathy?



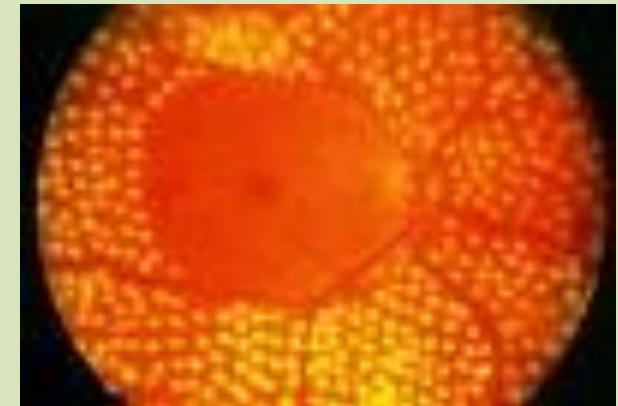
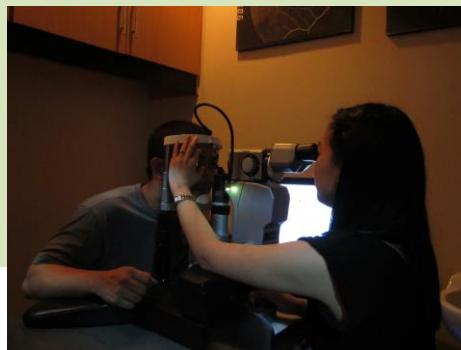
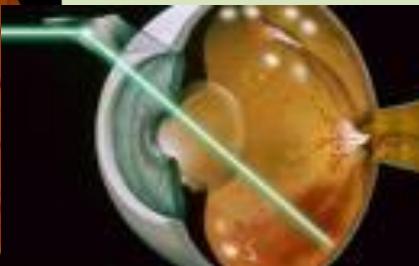
- Ang “treatment” ng Diabetic Retinopathy ay sang-ayon sa stage ng sakit.
- Kailangan malaman kung “mild”, “moderate”, “severe” or “advanced”.



- Kapag mild or moderate : sinusubaybayan ang mata ng paciente every 4-6 na buwan
- Kapag severe...

DIABETIC RETINOPATHY:

Treatment



LASER TREATMENT



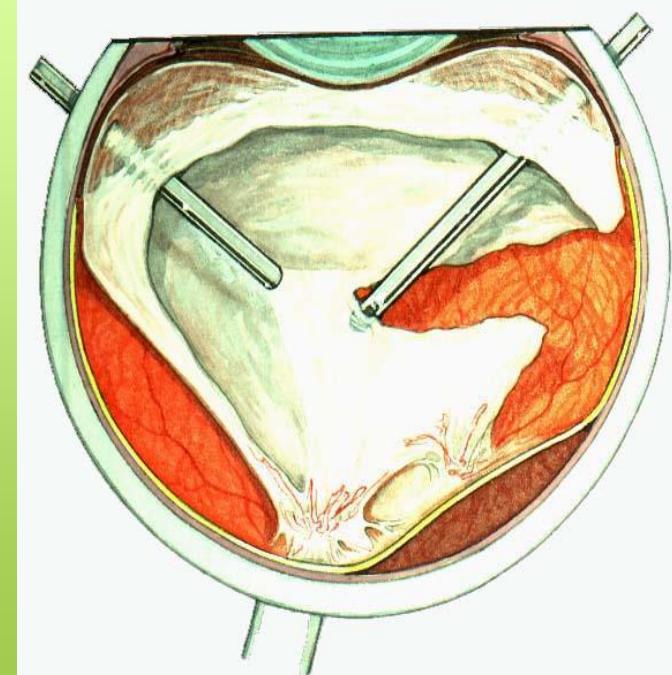
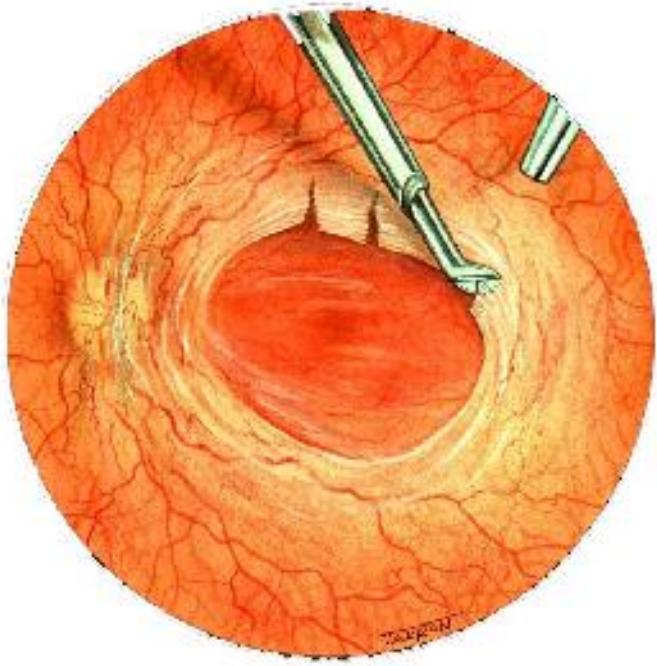
- Kapag namamaga ang pinakagitna ng mata
“bull’s eye” (macula) ng mata...

Injection ng anti-VEGF na gamot sa loob ng mata



Kapag may agiw, maaaring operahan upang matanggal.

Pars Plana Vitrectomy gamit ang operating microscope para alisin ang dugo at agiw

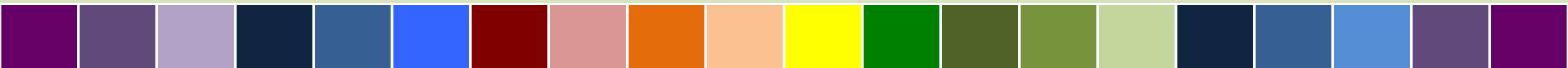




- Paano iwasan na magkaroon ng Diabetic Retinopathy?
- Paano bagalan ang paglala ng Diabetic Retinopathy?

DIABETIC RETINOPATHY:

Iwasan ang Pagkakaroon/Paglala



✓ Kontrolin ang:

- Blood sugar
- Blood pressure
- Cholesterol

✓ Magpa-check up palagi sa:

- Ophthalmologist
- Internist/Endocrinologist

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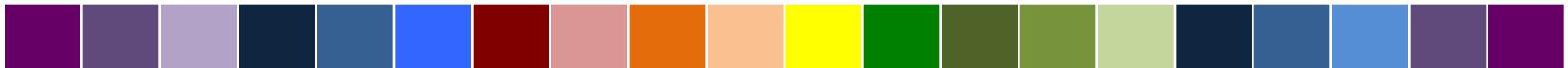
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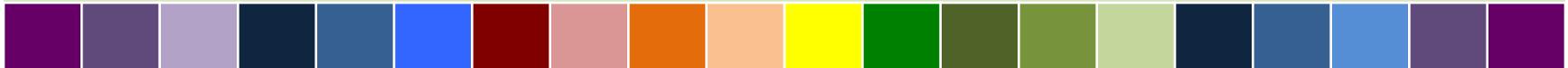
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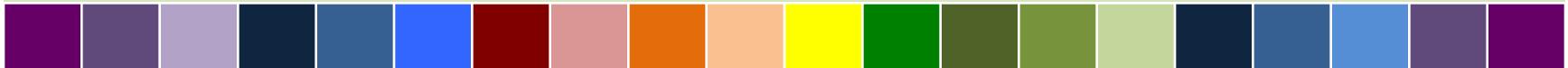
Tandaan



- ✓ DM ay panghabang buhay na sakit na kailangan ng panghabang-buhay na gamutan
- ✓ Nakakabulag kung pababayaan
- ✓ May paraan upang maiwasan ang paglala ng sakit sa mata dulot ng diabetes
- ✓ Magkonsulta sa iyong doktor sa mata

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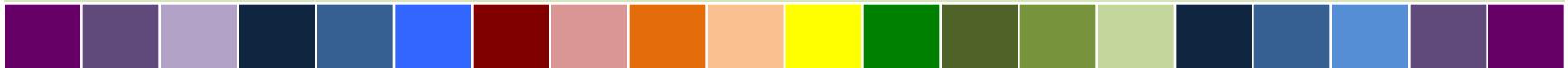
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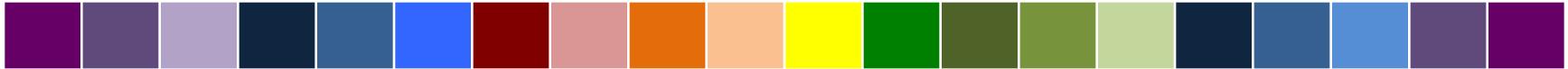
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- KAHIT WALANG NARARAMDAMAN SA MATA
- KAHIT MALINAW ANG TINGIN
- KAILANGAN MAGPA CHECK SA EYE MD
- Hindi sapat ang magpalit lang ng salamin

FIGHT DIABETIC BLINDNESS



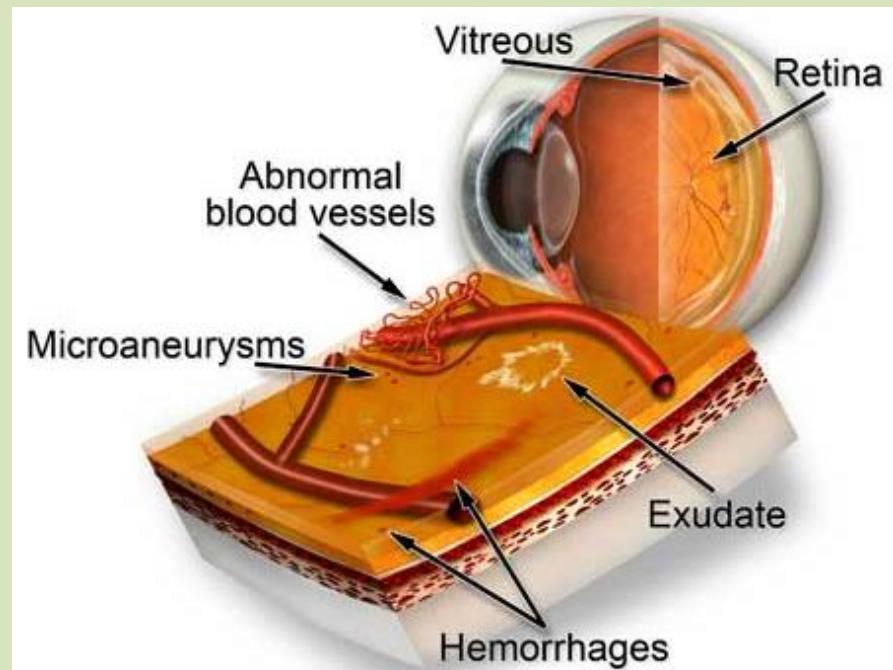
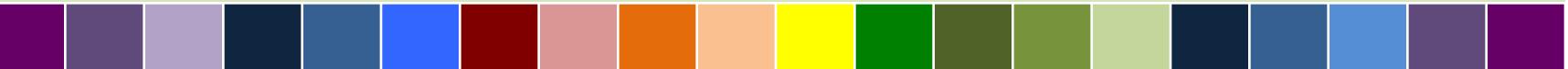
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MARAMING SALAMAT PO!

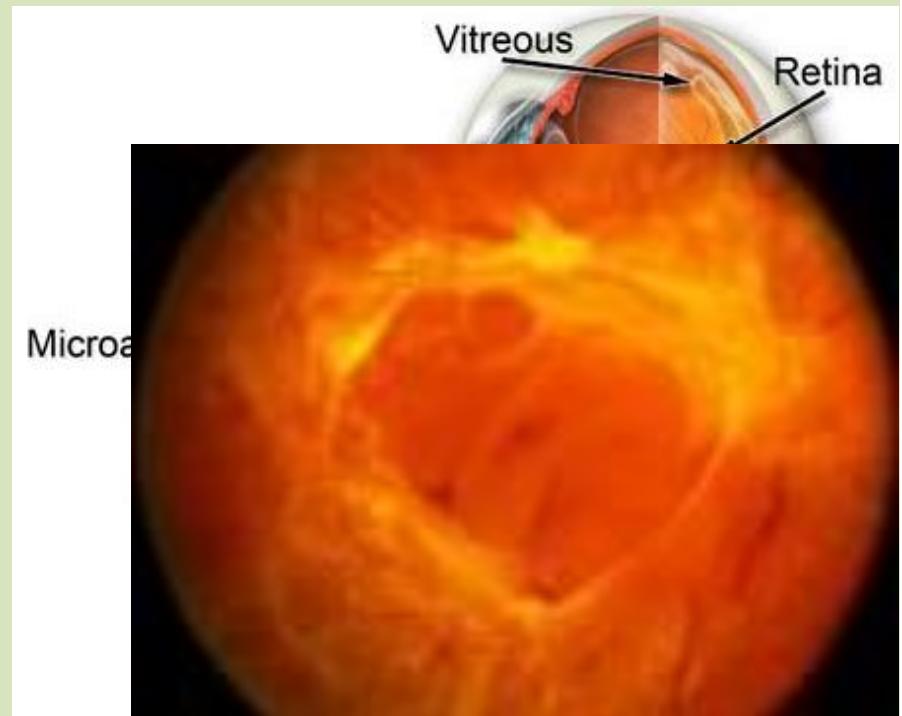


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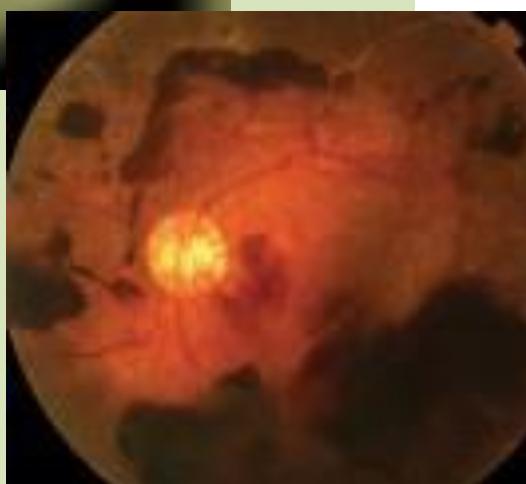
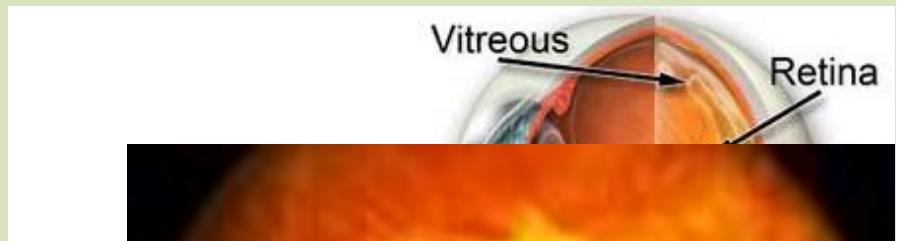
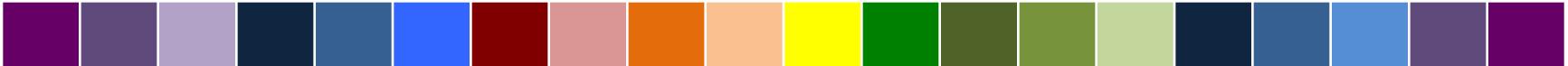


DIABETIC RETINOPATHY



Microaneurysms

DIABETIC RETINOPATHY

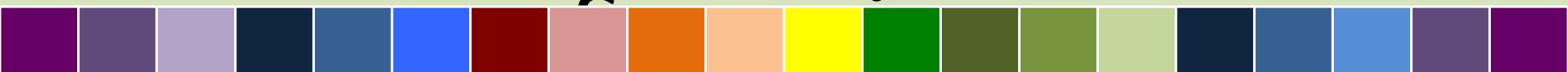


DIABETIC RETINOPATHY:

C. i.

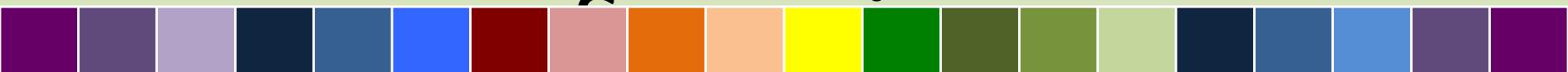
- ✓ Type 1 Diabetes:
 - 5 taon pagkatapos malaman na may DM
- ✓ Type 2 Diabetes:
 - Magpatingin agad pagnalaman na may DM
- ✓ Pregnant women with DM
 - Unang 3 buwan ng pagbubuntis

DIABETIC RETINOPATHY:



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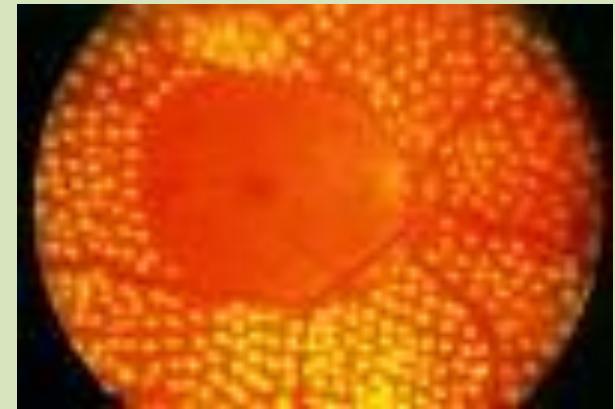
DIABETIC RETINOPATHY:



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DIABETIC RETINOPATHY:

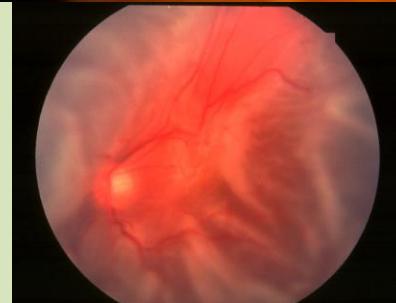
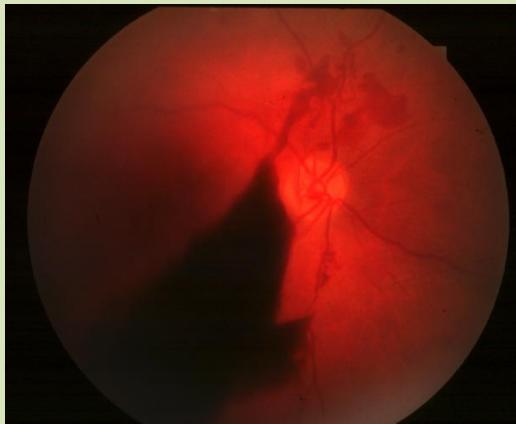
Treatment



LASER TREATMENT

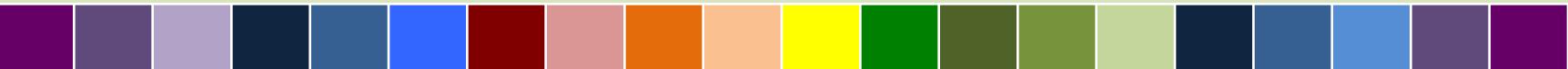
DIABETIC RETINOPATHY:

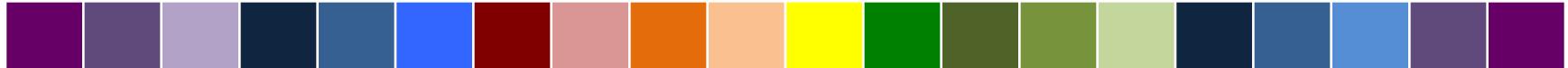
Treatment



SURGERY

ANG MATA





- Ang RETINA ang nagdadala ng imahe sa utak
- Kapag may problema ang retina, malabo pa rin ang paningin
 - Kahit magsalamin
 - Kahit mag pa-opera sa catarata
- Kaya kung minsan mukhang “normal” ang mata sa labas, pero malabo ang paningin
 - Karamihan, nasa RETINA ang problema

Kapag may Diabetes ang nagkakasakit sa mata ay ang: RETINA



- “DIABETES NG RETINA”
- “DIABETES NG MATA”
- Ang pangalan ng sakit ay
- “DIABETIC RETINOPATHY”