

Diabetic Retinopathy: A New Challenge for Epidemiologist and Service Providers in India

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India is a country in South Asia. It's a seventh largest country by area and second most populous country in the world.

India is a megadiverse country in terms of geography, ethnicity, food habits and lifestyle.

Diabetes is a rapidly growing health challenge and potential epidemic across the different economic groups of India and threat of increasing economic blind people is new challenge for service providers. It is projected that by 2025 the no of cases of diabetes in India would be approximately 69 million and one third of diabetic pts have threat of VTDR. Many studies done on prevalence of DM globally and in India. These are tip of an iceberg as no of glucose impaired, pre-diabetic and early onset of Diabetic increasing yearly and so the diabetic age and complications. Asian phenotype or sudden change in food habits, life style socioeconomic changes may be the cause of increase in no of diabetic population in India. VTDR is projected to increase in parallel with the exponential rise in prevalence of diabetes in country. Many studies shows VTDR prevalence in between 7 - 11%.

As DR is microvascular disease and in early stages patients don't have any symptoms and are not aware of vision loss usually they do not consult Ophthalmologist. Many patients attend Ophthalmologist when they are already in vision threatening stage. Treatment availability, cost of treatment and frequent visits to hospital depends on pts affordability which is again a challenge for poor socioeconomic and patients from rural India.

Successful strategies made to reduce the prevalence of blindness due to cataract, refractive error and other causes of reversible blindness.

Blindness due to DR is irreversible till date and cost of management is extra financial burden on country's economy.

Steps are taken to create awareness about blindness due to Diabetes early detection and proper management. Multisectoral coordination, planning and financial strategies are required to reduce the no of blind due to DR.

Apart from geography, large population, urban and rural differences in health facilities, less no of vitreoretinal surgeons and moreover increasing no of young diabetics is serious health challenges.

In India many different modalities of traditional and modern treatment (Allopathy and AYUSH) are available still to reduce the burden of VTDR is a challenge for Service providers.

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