



## Some of Ocular Side Effects of D M and Obesity

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The incidence and prevalence of DM I has shown a great spike and it is a kind of global.

Disease which is now attributed to the life style pattern so many factors are responsible for its hike.

Genetic sedentary life style lack of regular exercises over eating family history of DCM smoking CVS ailments stress strain in obesity.

Obesity predisposes to many complications like diabetic retinopathy.

Armed glaucoma CRV occlusion stroke mildness floppy lid syndrome prone to thyroid diseases.

Pathogenesis of Dm there is microaneurysmal dilatation of retinal arteries and capillaries due to degeneration of pericytes which causes diapedesis that is leakage of blood from vessels which can be blitar microaneurysms.

Distal to aneurysmal dilatation their is education exudates are hard thick and inspected due to high degree of fat and cholesterol.

Clinically diabetic retinopathy can present as:

- Proliferative diabetic retinopathy
- Non proliferative diabetic retinopathy
- Macular edema macular degeneration

- Retinitis proliferans retinal detachment
- Optic neuritis optic atrophy.

Some of the side effects of uncontrolled and ling standing D M are:

- Diabetic retinopathy
- Diabetic neuropathy
- Diabetic nephropathy
- Diabetic arthropathy
- Diabetic dermopathy
- Periodontitis
- Dementia
- Alzheimer's
- Diabetic foot
- Ulcers
- C V S disorders
- C N S disorders.

In presence of nephropathy retinopathy is severe.

### Disclosure

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