RISK AND PREDISPOSING FACTORS RELATED TO DEVELOPMENT OF DRY EYE SYNDROME AT DIABETES TYPE 2 PATIENTS, one year retrospective study January 2012-January 2013 Tirana-Albania

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PURPOSE: This study traces the complex relationship between diabetes and dry eye, risk and predisposing factors also explores several potential management strategies for controlling both conditions. METHODS: 97 diabetics patients aged from 47-77 years old, 42M / 55F diagnosed with DES went under investigations responding to specific form questionnaire the age, sex smoking ,exposure to flat screen of PC, H₁Ab₁C levels, duration of diabetes, presence of blepharitis ,stage of DR, accompanying diseases, peripheral secondary neuropathy ,ocular surface and lacrimal gland inflammation, insulin deficiency .RESULTS : All patients had the H₁Ab₁C levels ≥6.2-7.2%, the duration of diabetes was higher at age of 64-77 in 26 patients, Open Angle Glaucoma association was observed in 24 patients, the menopause in sex females showed aggravation of DES, inflammation of ocular surface and lacrimal gland was noticed at 33 patients, corneal ulcers was seen in 18 patients, the exposure for a long period daily at PC workers results at 28 patients. The age ≥53 was recorded at 52patients, the PDR was associated with severe degree of DES and been seen at 23 patients, the Chronic Blepharitis grade 1-2 was seen at 24 patients as result of evaporative DES and inflammation, peripheral secondary neuropathy was noticed in 26 patients as result of hyperglycemia with reduction of corneal sensitivity ,smokers results 34 patients. CONCLUSION: In this study we receive information of link between DES et DM type2 and the predisposing & risk factors that trigger the DES , by knowing all this conditions we can develop several strategies to manage both situations.