

INVESTIGATION OF RISK FACTORS FOR THE DEVELOPMENT OF DIABETIC
RETINOPATHY IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

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Abstract

This article examines the main risk factors contributing to the development of diabetic retinopathy. The study results showed that the duration of diabetes, poor glycemic control, arterial hypertension, and dyslipidemia play an important role in disease progression. Early identification and management of these factors are essential for preserving vision.

Keywords

diabetic retinopathy, diabetes mellitus, risk factors, hyperglycemia, vision impairment.

Introduction. Diabetic retinopathy is one of the most common microangiopathic complications of diabetes mellitus, which can lead to decreased vision and even blindness. According to the World Health Organization, diabetic retinopathy is one of the leading causes of blindness among the working-age population.

The development of the disease depends on multiple risk factors, and studying them is crucial for developing prevention and treatment strategies.

The main factors affecting the clinical course of diabetic retinopathy include the duration of diabetes, level of glycemic control, arterial hypertension, dyslipidemia, and impaired kidney function.

Clinical studies have shown that each 1% increase in HbA1c significantly increases the risk of development and progression of diabetic retinopathy. Arterial hypertension increases the risk of retinal hemorrhages and ischemic changes.

In patients with type 2 diabetes, diabetic retinopathy is often characterized by late diagnosis, a high frequency of diabetic macular edema, and coexistence with cardiovascular complications.

The presence of retinal microangiopathy in type 2 diabetes patients is associated with an increased risk of cardiovascular mortality and stroke. Therefore, diabetic retinopathy is considered an important clinical prognostic marker.

Recent studies highlight the following as key factors in the development of diabetic retinopathy:

- Duration of diabetes
- Persistent hyperglycemia
- Arterial hypertension
- Dyslipidemia
- Obesity
- Smoking

Some researchers also emphasize the role of genetic factors.

Aim of the Study

To identify the main risk factors in the development of diabetic retinopathy and evaluate their impact on disease progression.

Materials and Methods

Patients with diabetes mellitus participated in the study. They were divided into the following groups:

- Patients with diabetic retinopathy
- Patients without diabetic retinopathy



The following indicators were analyzed:

- Duration of diabetes
- Blood glucose level
- Arterial blood pressure
- Lipid profile
- Body mass index (BMI)

Statistical analysis methods were used to process the data.

Results. The study findings showed that:

- Patients with diabetes duration longer than 10 years had a higher risk of developing retinopathy
- The disease was more common in patients with poor glycemic control
- The presence of arterial hypertension accelerated the development of retinopathy
- Dyslipidemia was also identified as a significant risk factor

Discussion. The obtained results are consistent with other studies. In particular, hyperglycemia and the duration of diabetes stand out as the main determinants. Arterial hypertension negatively affects vascular walls and accelerates the development of retinopathy. Additionally, metabolic disorders (lipid metabolism abnormalities) damage retinal vessels.

Regular evaluation of the clinical course of diabetic retinopathy is essential for early detection and prevention of severe complications. In patients with type 2 diabetes, regular ophthalmologic examinations, monitoring using OCT, and fundus photography are integral parts of modern clinical recommendations.

Telemedicine and artificial intelligence-based screening systems are creating new opportunities for assessing diabetic retinopathy. These technologies are especially important in regions where ophthalmological services are limited.

Conclusion. Thus, in patients with type 2 diabetes mellitus, diabetic retinopathy is a slowly progressing, often asymptomatic disease complicated by multiple metabolic and hemodynamic factors. A thorough study of its clinical course is important for early diagnosis, effective monitoring, and the development of individualized treatment strategies.

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