

## **A study of retinopathy in Non-Insulin Dependent Diabetic Mellitus (NIDDM) patients in Sri Lanka**

This study was carried out to find the factors effecting diabetic retinopathy (DR0) in non-insulin dependent mellitus (NIDDM) patients in Sri Lanka and quantify the effect of these factors on DR. the study population was the group of NIDDM patients who went on the single visit screening programme conducted by National Diabetic Centre in Sri Lanka in 1996/97

An unmatched case control study was designed to achieve the objectives. Two samples of size 340 each for cases and controls were selected using the method of systematic sampling. Initially univariate analysis was used to identify the important factors on their own. The individual and joint effects of these selected factors were studied by fitting a linear logistic model.

The unavoidable factors effecting DR duration and age. Duration showed a positive association and age showed a negative association with DR. fasting blood sugar, urine albumin, consumption of alcohol, exercise and treatment were found to be avoidable influential factors of DR. Fasting blood sugar showed a positive association. Smaller the income level higher the risk of DR. those who do not perform regular exercises were at a higher risk of DR. this risk was high in diabetics with higher urine albumin levels and therefore DR was highly associated with Nephropathy. Finally it is concluded that DR can be prevented by making the people aware of the gravity of diabetes mellitus and how best to control it.