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POSTER COMMUNICATION · OPHTHALMOLOGY

Diabetic Retinopathy in Early vs. Late-Onset Type 2 Diabetes: Prevalence and Its Associated Factors in Kuantan, Pahang.

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KEY MESSAGES

1. La prévalence de la rétinopathie diabétique est plus élevée chez les patients avec un diabète de type 2 à début précoce.
2. La rétinopathie diabétique chez les patients à début précoce est associée au tabagisme, à une durée plus longue du diabète, à un taux élevé d'HbA1c et à la néphropathie diabétique.
3. Chez les patients à début tardif, la rétinopathie est associée au sexe féminin et à la durée du diabète.

ABSTRACT

Introduction. The incidence of type 2 diabetes in Malaysia has been increasing, affecting younger individuals. Early onset type 2 diabetes (EOT2D) is defined as diabetes diagnosed before age 40. Diabetic retinopathy is a leading cause of vision loss and a complication of diabetes mellitus.

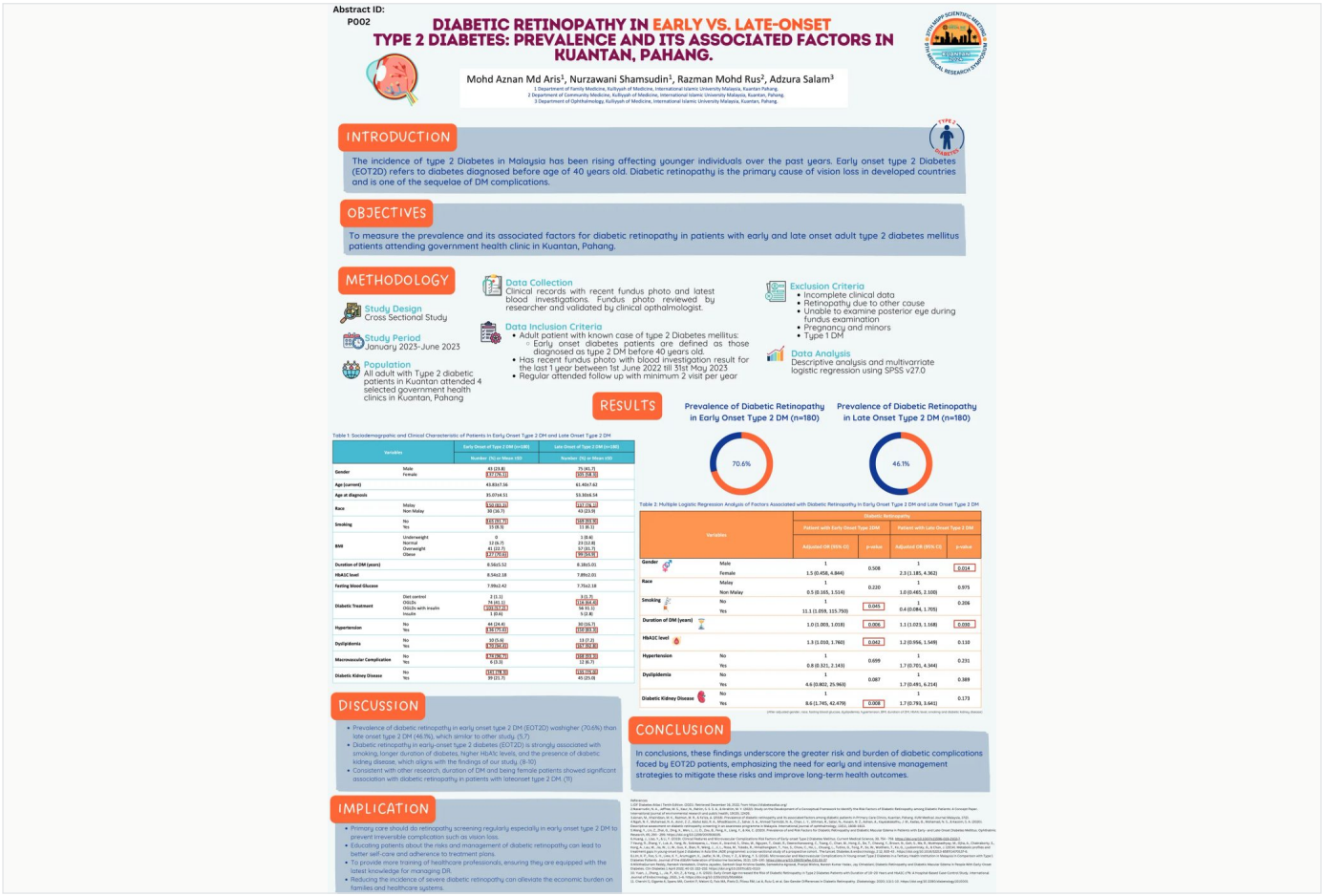
Materials and methods. A cross-sectional study was conducted from January to June 2023 including adult type 2 diabetic patients attending four government health clinics in Kuantan, Pahang. Inclusion criteria were adult patients with known type 2 diabetes, recent fundus photo and blood investigations within the last year, and regular follow-up with at least two visits per year. Exclusion criteria included incomplete data, retinopathy from other causes, inability to examine the posterior eye, pregnancy, minors, and type 1 diabetes. Data were analyzed using descriptive statistics and multivariate logistic regression with SPSS v27.0.

Results. The prevalence of diabetic retinopathy was higher in early onset type 2 diabetes patients (70.6%) compared to late onset patients (46.1%). In early onset patients, diabetic retinopathy was significantly associated with smoking, longer diabetes duration, higher HbA1c levels, and diabetic kidney disease. In late onset patients, female gender and longer diabetes duration were significantly associated with diabetic retinopathy.

Conclusion. These findings highlight the greater risk and burden of diabetic complications in early onset type 2 diabetes patients, emphasizing the need for early and intensive management strategies to reduce these risks and improve long-term health outcomes.

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