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TITLE: Relation between lipid profile, blood pressure and retinopathy in diabetic patients in King Abdulaziz University hospital: a retrospective record review study

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ABSTRACT

Background: Diabetic retinopathy (DR) is a major cause of blindness worldwide, threatening the vision of approximately 10% of patients with diabetes. Many studies have demonstrated that intensive control of the risk factors for DR is essential to reduce the onset and progression of DR. Currently, the relationship between lipid profile and DR is still unclear, especially in Saudi Arabia. We aimed to assess the correlation between both the development and severity of DR with lipid profile and blood pressure among the diabetic patients at the King Abdul-Aziz University hospital in Jeddah, Saudi Arabia.

Methods: This was a retrospective record review study of 298 diabetic patients diagnosed with DR. Retinal findings were correlated to serum lipids levels using univariate, bivariate, and multivariate analysis.

Results: This study included 298 participants with DR. Triglyceride levels, systolic blood pressure, low-density lipoprotein cholesterol levels, and presence of macular edema were significantly associated with DR progression ($P=0.012$, $P=0.001$, $P=0.002$). Other parameters, including total cholesterol, high-density lipoprotein cholesterol, HbA1C, body mass index, age, were not significantly associated with DR.

Conclusion: Elevation in serum triglyceride levels and systolic blood pressure showed a statically significant association with diabetic retinopathy. Controlling these factors may help preventing progression and occurrence of diabetic retinopathy among diabetic patients.

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BIOGRAPHY

Dania Alsulami is an intern in King Abdulaziz University, Saudi Arabia. Interested in research and Ophthalmology with this published research cited 5 times in less than one year.