

Correlation of Diabetic Retinopathy with Serum Lipids

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Research Article

Abstract: Aim: To find out the Correlation of Diabetic retinopathy with serum lipids in Type 2 diabetic subjects. **Settings and Design:** Cross sectional nonrandomized study. **Materials and Methods:** 311 patients with more than 5 years of Type 2 diabetes were assessed for presence and severity of retinopathy and were correlated with age, sex, duration of DM and serum lipids. Diabetic Retinopathy was diagnosed by fundus examination and classified according to the Early Treatment Diabetic Retinopathy Study (ETDRS) grading system. **Results:** Overall 76.5% (238) had DR and 23.5% (73) had no Diabetic Retinopathy. The mean serum cholesterol ($P < 0.05$), serum triglycerides ($P < 0.05$) and non-high-density lipoprotein (HDL)-cholesterol ($P < 0.05$) concentrations were higher in subjects with Diabetic Retinopathy compared with those without Diabetic Retinopathy. Significant association of triglycerides ($P < 0.05$) and LDL-cholesterol with clinically significant macular edema (CSME) ($P < 0.05$). **Conclusion:** Significant association is found of dyslipidaemia with Diabetic Retinopathy and CSME.

Key words: Diabetic retinopathy, CSME, serum lipids, dyslipidaemia.

Introduction

Diabetic retinopathy is a leading cause of irreversible blindness. Diabetes is known to be very high in Indian subcontinent with distinct features like early onset, genetic predisposition (1, 2, 3, 4). The risk factors for DR are degree of glycaemic and blood pressure control, duration of diabetes, presence of nephropathy and raised serum lipids. Elevated lipid concentrations may be an additional risk factor for diabetic macular oedema, particularly the deposition of hard exudates in the retina.(5,6) Data from the Early Treatment Diabetic Retinopathy Study (ETDRS) demonstrate that elevated levels of serum lipids are associated with both the development and the severity of retinal hard exudates in patients with diabetic retinopathy. These waxy yellow deposits, frequently seen at the border of edematous retina, develop when the endothelial cells in the retinal capillaries lose their tight junctions and "leak" lipoprotein, crystalloid, and water into the extracellular space of the retina. When hard exudates accumulate in the center of the macula, they can lead to a decrease in visual acuity(7)

Need for study

Diabetic retinopathy remains a major cause of visual impairment among working population & is a leading cause of visual loss in older patients (8) thus it has tremendous social & economic impact. There is economical burden on family as well as health care systems. We can control lipid profile and prevent visual impairment or visual loss if there is significant correlation of Diabetic retinopathy & dyslipidaemia.

Aims

To study the association of serum lipids with diabetic retinopathy (DR) in Type 2 diabetic subjects
To evaluate relationship of various components of serum lipids with severity of DR & formation of clinically significant macular edema (CSME)

Materials & methods

Source of data

Patients with more than five years of diagnosed Diabetes Type 2 attending Ophthalmology OPD at Krishna Hospital, Malkapur, Karad Maharashtra.

Study design

Cross sectional nonrandomized study.

Duration

One & half year (Oct.2010 to Feb. 2012)

Sample size

311 patients with more than five years of diagnosed Diabetes Type 2.

Inclusion Criteria

Patients with more than five years of diagnosed Diabetes Type 2.

Exclusion criteria

Patients giving H/O less than 5 years of diagnosed Diabetes
Patients giving H/O ocular surgery < 6months
Pregnancy
Hypertension
Active infection
Co existing ocular diseases like uveitis, opaque hazy media

Retinal vascular diseases due to other causes than due to Diabetic Retinopathy
 Vitreoretinal degenerations & dystrophies
 High Myopia
 Non compliant patients

Methodology

Patients having more than five years of diagnosed Diabetes Type 2 were enrolled into study after taking informed & written consent.

All preliminary Ophthalmological examination along with slit lamp examination was carried according to proforma.

Detailed fundoscopy was done with indirect ophthalmoscope with 20D lens and slit lamp biomicroscopy with 78D lens.

Fundus photographs were taken in patients with any grade of Diabetic Retinopathy by Topcon fundus camera Patients were grouped as Group A without retinopathy & Group B with retinopathy.

Group B was further grouped according to modified Early Treatment of Diabetic Retinopathy Study (ETDRS) protocol as follows

Group 1 patient with mild nonproliferative diabetic retinopathy (NPDR)

Group 2 moderate non proliferative diabetic retinopathy (NPDR)

Group 3 patients with severe NPDR

Group 4 Patients with proliferative diabetic retinopathy(PDR)

Presence of hard exudates was noted

Clinically significant macular edema (CSME)using slitlamp biomicroscopy with 78D lens was noted & severity was recorded as

1 Mild CSME –Retinal thickening at or near macula

2 Moderate CSME – Hard exudates with retinal thickening at or near macula

3 Severe CSME - Zone or zones of retinal thickening 1 disc area in size, at least part of which is within one disc diameter of center of macula

Preliminary investigations (CBC, BSL fasting & post prandial, Routine urine, Glycosylated Hb, ECG) were done in each & every patient

Serum lipid measurements using fasting samples were done. Analysis of serum cholesterol, serum triglycerides and cholesterol components like high-density lipoprotein (HDL)-cholesterol

LDL-cholesterol were calculated

Serum cholesterol > 200mg/dl, HDL< 40mg/dl, LDL > 100mg/dl, Triglycerides > 150mg/dl were considered as dyslipidaemia (Harrison’s Principles of Internal Medicine 17th edition)

Statistical Analysis

P value less than 0.05 was considered statistically significant.

Various univariate analysis were done to evaluate effect of factors such as age, sex, duration of diabetes on degree of retinopathy & CSME

Results

From Oct.2010 to Feb. 2012 total 311patients with more than five years of diagnosed Diabetes Type 2 attending Ophthalmology OPD at Krishna Hospital, Malkapur, Karad, Maharashtra. were analysed and data obtained is as follows

Total 311 patients were evaluated out of which 238 (76.52%) had diabetic retinopathy & 73 (23.48%) were not having Diabetic retinopathy

129 patients had various grades of CSME

Age – 20 to 80 yrs

Males – 207, Females – 104

Duration of diabetes – 5 to 25 years

Table 1: Relationship between Age & Diabetic Retinopathy

Age	Group A	Group B				Total
		Group1	Group 2	Group 3	Group4	
20 - 40	1(1%)	6(8%)	4(4%)	1(2%)	1(4%)	13
41 - 60	22(44%)	33(42%)	45(46%)	18(46%)	6(26%)	134
>60	40(55%)	39(50%)	49(50%)	20(52%)	16(70%)	164
Total	73	78	98	39	23	311

With increasing age there is significantly increased prevalence of Diabetic Retinopathy P < 0.05

Table 2: Relationship between age & CSME

Age	Absent	Mild	Moderate	Severe	Total
20 - 40	9(5%)	2(3%)	2(4%)	0(0%)	13
41 - 60	82(45%)	20(31%)	25(54%)	7(39%)	134
>60	91(50%)	42(66%)	20(42%)	11(61%)	164
Total	182	64	47	18	311

Prevalence of CSME significantly increases with age P < 0.05

Table 3: Relationship between sex & Diabetic Retinopathy

Sex	Group A	Group B				Total
		Group1	Group 2	Group 3	Group4	
Male	51(70%)	49(63%)	65(67%)	28(72%)	14(74%)	207
Female	22(30%)	29(37%)	33(33%)	11(28%)	9(26%)	104
Total	73	78	98	39	23	311

There was no significant relationship between sex & various stages of Diabetic Retinopathy (P > 0.05)

Table 4: Relationship between sex & CSME

Sex	Absent	Mild	Moderate	Severe	Total
Male	117(64%)	48(75%)	30(64%)	12(67%)	207
Female	65(36%)	16(25%)	17(36%)	6(33%)	104
Total	182	64	47	18	311

There was no significant relationship between sex & various stages of CSME (P > 0.05)

Table 5: Relationship between duration of Diabetes Mellitus(DM) & Diabetic Retinopathy

Duration of DM	Group A	Group B				Total
		Group1	Group 2	Group 3	Group4	
5 - 10 yrs	49(47%)	36(3%)	24(22%)	7(5%)	8(6%)	104
11 - 25 yrs	24(12%)	42(20%)	74(35%)	32(15%)	15(7%)	207
Total	73	78	98	39	23	311

As duration of Diabetes increases prevalence of Retinopathy also significantly increases (P < 0.05)

Table 6: Relationship between duration of Diabetes Mellitus(DM) & CSME

Duration of DM	Absent	Mild	Moderate	Severe	Total
5 - 10 yrs	74(71%)	14(15%)	12(11%)	4(3%)	104
11 - 25 yrs	108(52%)	50(24%)	35(17%)	14(7%)	207
Total	182	64	47	18	311

As duration of Diabetes increases prevalence of CSME also significantly increases (P < 0.05)

Table 7: Relationship between Diabetic retinopathy & Dyslipidaemia

Dyslipidaemia	Group A	Group B				Total
		Group1	Group 2	Group 3	Group4	
Present	24(33%)	38(49%)	45(46%)	23(59%)	15(65%)	145
Absent	49(67%)	40(51%)	53(54%)	16(41%)	8(35%)	166
Total	73	78	98	39	23	311

145 (49.51%) patients had dyslipidaemia out of which 121(83.44%) had Diabetic retinopathy & 83(57.24%) had CSME independent of levels of Hb1Ac. 96 (66.20%) had reduced Best corrected visual acuity (BCVA)

Table 8: Relationship between CSME & Dyslipidaemia

Dyslipidaemia	Absent	Mild	Moderate	Severe	Total
Present	59(32%)	45(70%)	30(64%)	11(61%)	145
Absent	123(68%)	19(30%)	17(36%)	7(39%)	166
Total	182	64	47	18	311

Prevalence of Diabetic Retinopathy & CSME was significantly higher in Dyslipidaemia patients (P < 0.05)

Table 9: Relationship between Diabetic retinopathy, CSME & Dyslipidaemia

Control of DM	No. of pts with Retinopathy	No. of pts with CSME
Hb1Ac>6%	65	48
Hb1Ac<=6%	56	35
Total	121	83
P Value	>0.05	>0.05

Dyslipidaemia was independent of levels of Hb1Ac

Table 10: Distribution of various lipid components among Diabetic retinopathy patients

Deranged Lipid component	No. of patients
Total cholesterol	96
HDL	88
LDL	64
VLDL	74
Triglycerides	134

Table 11: Distribution of various lipid components among CSME patients

Deranged Lipid component	No. of patients
Total cholesterol	47
HDL	42
LDL	56
VLDL	34
Triglycerides	68

Triglycerides & HDL were more deranged in Diabetic Retinopathy, while Triglycerides & LDL were more deranged in CSME patients.

Discussion

Various studies have shown an association of Dyslipidemia with macrovascular complications of diabetes (e.g. coronary artery disease), but few have studied the association of serum lipids with microvascular complications such as DR and the available results are conflicting (9–21). Association of LDL-cholesterol in subjects with DR was first shown by Dornan *et al.* (9). Severity of hard exudates in macula with unadjusted serum cholesterol was observed in Wisconsin Epidemiology Study of Diabetic Retinopathy (WESDR), Klein *et al.* (10). In our study we have found significant association of dyslipidaemia & Diabetic retinopathy (83.44%) as well as CSME(57.24%). Similar results were seen in ETDRS and WESDR studies (10,12). In comparison to other components Triglycerides & HDL were more deranged in Diabetic Retinopathy, while Triglycerides & LDL were more deranged in CSME patients This also correlates with ETDRS and WESDR studies (10,12). Elevated total cholesterol also showed significant reduced BCVA (66.20%) ($P < 0.05$). According to above observations it is seen that Diabetic retinopathy & CSME both have higher prevalence in productive age group. At this age children & parents are dependent on him economically. If he is visually handicapped at this age there is economical as well as social burden on family, society & healthcare systems. It is also observed that as duration of Diabetes increases chances to have Diabetic retinopathy & CSME also increase. So we have time in our hands to convince these patients regarding control of serum Lipids. All clinicians should be aware of Retinal complications of Diabetes.

Conclusion

Deranged values of total cholesterol are an independent risk factor for the Diabetic retinopathy & CSME. Triglycerides & HDL are deranged in Diabetic Retinopathy, while Triglycerides & LDL are more deranged in CSME patients. Along with regular blood sugar check up all Diabetics should get their serum lipids checked up regularly & control them if deranged. Preservation of good vision may be a motivating factor for lowering serum lipids.

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