

Retinopatia cukrzycowa proliferacyjna z obustronnym obrzękiem tarczy nerwu wzrokowego – wyrównanie glikemii jako złoty standard leczenia. Opis przypadku

Proliferative Diabetic Retinopathy with Bilateral Optic Disc Edema – Maintaining Near-normal Blood Glucose Values as a Gold Standard Treatment. Case Report

Sebastian Sirek^{1,2}, Irmina Jastrzębska-Miazga¹, Rafał Woś¹, Martyna Nocoń-Bratek¹, Ewa Mrukwa-Kominek^{1,2}

¹ Oddział Okulistyki Dorosłych Uniwersyteckiego Centrum Klinicznego im. prof. K. Gibińskiego Śląskiego Uniwersytetu Medycznego w Katowicach

Kierownik: prof. dr hab. n. med. Ewa Mrukwa-Kominek

² Klinika Okulistyki Katedry Okulistyki Wydziału Nauk Medycznych w Katowicach Śląskiego Uniwersytetu Medycznego w Katowicach

Kierownik: prof. dr hab. n. med. Ewa Mrukwa-Kominek

Abstract:

Introduction: One of the microvascular complications of diabetes mellitus is a diabetic retinopathy which turns out to be the main reason of newly developed blindness in individuals of reproductive age in developed countries.

Purpose: The aim of this study was to report a case of 23-years old patient which was provided with intensive therapy with the goal of achieving near-normal glycemia. Improved blood-glucose levels lead to inhibition and regression of diabetic retinopathy and improvement of visual acuity.

Results: Improvement of best corrected visual acuity of both eyes (right eye 0.8, left eye 0.7) was achieved. We observed significant improvement in clinical manifestations of diabetic retinopathy including regression of microvascular abnormalities and considerable reduction of optic disc edema.

Conclusions: Besides of invasive procedures such as laserotherapy, steroid or anti vascular endothelial growth factor injections and vitrectomy, correct treatment of diabetes mellitus complications such as proliferative diabetic retinopathy should be mainly focused on maintaining normal blood-glucose levels.

Key words:

proliferative diabetic retinopathy, blood-glucose control, diabetic papillopathy.

Słowa kluczowe:

retinopatia cukrzycowa proliferacyjna, wyrównanie glikemii, papilopatia cukrzycowa.