PREVENTION OF DIABETIC BLINDNESS (PDB) IN INDIA
AN IMA PROJECT

Dr NSD Raju
Chairman, IMA AIOS Project Prevention of Diabetic Blindness (PDB)
Introduction

- Approximately 66 million diabetics in India
- Around 7 million will have diabetic retinopathy
- IMA initiative Dr Marthanda Pillai Dr K K Aggrawal
Methodology

- Dual Approach
- Awareness campaign
- Screening of all Diabetics for diabetic retinopathy
- Strategy for implementation
- IMA officially launched the initiative in April 12th 2015
Project Implementation

- As a pilot project Gujarat State chosen
- Official launching of the project in Vadodara on 19 April 2015

Both Diabetic Retinopathy Screening clinic and Awareness Campaign officially initiated

The project is being implemented successfully
Organized one Diabetic Retinopathy Screening (DRS) clinic in a rural area in Godhra on 19 April 2015

Screened nearly 400 diabetics for retinopathy
43 diagnosed to have retinopathy

Also organized DRS
Awareness Prgm Methodology

- Displaying Information on Diabetes and Diabetic Complications at Clinics / Hospitals / Laboratories
- Regular CME sessions for physicians / General Practitioners / Specialists at IMA level / monthly scientific sessions
- Training health workers Asha / health inspectors / Primary Health centre staff
Posters for Awareness Campaign

What is Diabetes?
It occurs when the blood sugar level is high, it causes damage to the blood vessels and Capillaries, affecting all major organs of the body.

Who can have Diabetes?
- Irrespective of age, over-weight
- Blood Pressure more than 140/90
- Family History of Diabetes
- Sedentary Life, High Cholesterol are the risk factors for Diabetes.

Tests for Diabetes
- After age of 45 years, everyone should get Blood Sugar checked once every 5 years.
- If your report shows:
  - HbA1c ≤ 6.5%
- Fasting Blood Sugar < 100 mg/dL
- Post Prandial Blood Sugar > 200 mg/dL
  - you have Diabetes.

Effects of Diabetes on Our Body
- Heart ➤ can get Heart Attack
- Kidney ➤ can get Renal failure
- Foot ➤ can get Ulcers/Infection
- Brain ➤ can get Paralysis
- Teeth/Gums ➤ can get infections

To prevent these risks, control Blood Sugar Levels, Maintain HbA1c < 7.0%, check 2-4 times a year.

Prevention of Blindness:
- Get your retina checked by eye specialist upon detection of Diabetes.
- If retina is normal, get it checked every 2 years, or as per doctor’s advise.
- If retinopathy is at high risk, get LASER treatment done (even if eye sight is normal).

If you miss this chance, your eyes might get badly affected.

Care in Diabetes:
- Proper Diet - Distribute total food/calories during the day. Avoid heavy meals.
  - Eat Freely:
    - Fresh Green Leafy Vegetables (Methi, Palak, Cabbage, Drum Sticks)
    - Fresh Fruits (Orange, Pomegranate, Guava, Watermelon, Papaya, Apple)
  - Eat Moderately:
    - Sprouts, Pulses & Legumes (Daal-Khali), Whole Grains, Eggs, Fish, Maize, Oats, Skimmed Milk and its Products
  - Eat Sparingly:
    - Bananas, Mangoes, Grapes, Chickoo, Potato, Sweet Potato, Ice-creams, Cakes, Chocolate, Pudding, Pizza, Burger, Biscuits, Deep Fried Food etc.

Issued in Public Interest by Indian Medical Association

For more information and help, download free app DiabRet in your android smart phone.
Diabret App

- The App Available free on android platform
- Better control of Diabetes ensure compliance
- Send reminders for periodic Check up, due date for check up, help prevent complications
- Graphic recording of glucose levels, Hb a1c
Prevention of Diabetic Blindness in India Facebook Page

IMA with AIC Os launched a project “Prevention of Diabetic Blindness in India”. Aim is to create awareness, screen all diabetics for Diabetic Retinopathy.

http://www.facebook.com/preventionofdiabeticretinopathy

Share your opinion about Prevention of Diabetic Blindness in India!

You rated this place

Write your review

PHOTOS

Prevention of Diabetic Blindness in India added 5 new photos.

Dear friends

With God's blessings and your well wishes.

I, Dr. BALBIR Singh Baura, age- 55 years (MD cum chief eye surgeon- Akal eye hospital) along with Dr. SATBIR SINGH Baura, age-31 years (Consultant- akal eye hospital) and Sardar. Narinder Singh, age-64 years (Secretary- Advanced Vision Foundation) have successfully completed cycling expedition of manali-leh 475 kms from 7th to 15th June 2015, after crossing mountain passes namely: ... See More
Diabetic Blindness Awareness Campaign
High Altitude Cycle Expedition

AKAL HIGH ALTITUDE DIABETES AND DIABETIC BLINDNESS AWARENESS CYCLING EXPEDITION 2015
(MANALI- LEH)
Under the aegis of

Indian Medical Association
(Prevention & Control of Diabetic Blindness)

All India Ophthalmological Society
(Diabetic Awareness Committee)

Akal Eye Hospital & Lasik Laser Centre Jalandhar, Punjab (India)
606-A Mall Road, Model Town Jalandhar-144003, Ph: 9814178867, 9814483702
Review of project implementation

The Steering body appreciated the progress

The President of AIOS Dr. Debasish Bhattacharya officially conveyed willingness for joint venture of IMA AIOS PDB program

The Steering Body unanimously resolved to collaborate with AIOS for the implementation of the program
PDB Project Launch Odisha

- Odisha 2nd state in India after Gujarat
- Matinee idol and MP Sidhant Mohapatra
- Brand Ambassador
- At Bhubaneswar on 8th November 2015
- Next inline Kerala tamil nadu and Maharashtra
Message by Brand Ambassador
Siddanth Mohaptra
Nation wide Awareness Campaign and Diabetic Eye Screening Program IMA AIOS joint Venture

- World Diabetic Week 14 - 21 November 2015
- Inaugurated by Bollywood Celebrity Karisma Kapoor at Mumbai on 16 November 2015
- Spoke person for
Karisma Kapoor Campaigning for PDB
Put up more than 200 DESCs across the country in all the 22 states

Screened a record number of diabetic and diagnosed hundreds of new diabetic retinopathy cases

Efforts are afoot to make it an on-going prgm
CME and Diabetic Retinopathy Screening at Kanpur
IMA AIOS PDB Launch Haryana
14 February 2016
Newer Technology - Smartphone Fundus Imaging
State wide Diabetic Blindness Project Launch

- Kerala
- Tamil Nadu April
- Uttarakhand June
- Chhattisgarh May
- A P and Telengana May
- All other states before the end of 2016
Future Strategy

- Joint venture with IMA
- PDB as an on going program
- World Sight Day 13 October
- World Diabetes Day 14 November 2016
- Involvement of Governmental and non-governmental agencies
- Launch of the program in all states a truly nationwide project
Dawn of a new era
Joining hands with AIOS
Broader platform and stronger infrastructure
Ensure involvement and participation of Governmental and non governmental agencies
Persistence and perseverance
On-going program
Thank You
DRS Vadodara Pilot Screening

- Non Mydriatic Camera
- Trained technicians
- Diabetic Patients
The IMA-AIOS Project ‘Preventing Diabetic Blindness’ (PDB)

- Dr. Marthanda Pillai, President IMA, Dr. KK Aggrawal, HSG IMA, Dr. Debasish Bhattacharya, President AIOS, Dr. Quresh Maskati, Immediate Past President AIOS, and Chief Coordinator DESC

- IMA 2.5 lakh members, AIOS 20000 member ophthalmologists

- Dual Approach

Measures to create and spread awareness about Diabetic blindness and diabetic retinopathy

- Screening of all Diabetics for Retinopathy
- Establish Diabetic Retinopathy Screening Clinics across the country
https://www.facebook.com/preventionofdiabeticretinopathy/videos/467550750114121/?theater
Project Implementation

- In a phased manner
- Successful implementation in district then State and finally at national level
- Need a concerted effort persistence and perseverance
- Involve governmental NGOs on IMA platform
- Will usher in a new era in our fight against diabetic blindness
Some Facts about Diabetic Blindness

- Life style Disease
- Ocular complication Diabetic Retinopathy
- Symptomless in the early stages
- Eye screening mandatory in all diabetics
- Good control of Diabetes Less complications
- Diabetic blindness is preventable
Appropriate decision by AIOS President Dr Debasis Bhattacharya

- Joining hands with AIOS Awareness Program

- Committee Consisting of:
  - Chairman: Dr NSD Raju
  - Members: Dr. Kim, Dr. Praveen Vashisht, Dr. Himanshu R Mehta, Dr. Subendhu K Boral, Dr. Prashant K Agnihotri
PDB National Steering Body

- Dr. Marthanda Pillai  National President IMA
- Dr. K K. Aggrawal  HSG IMA
- International Advisor  Dr Geeta Menon (UK)
- National Adviser  Dr. P N Nagpal
- Dr Pradeep Sheth  Member
- Dr Quresh Maskati  Member
- Dr. Vishali Gupta  Member
- Dr Sukumar S S  Member
- Dr Srejith N Kumar  Member
- Dr Mahesh shanmugham  Member
- Dr Lalit Verma  Member
World Diabetes Day 14 Nov 2015
Theme ‘Healthy Living and Diabetes’
Set up Diabetic screening clinics all across the Country
The state of Gujarat - total population of 65 million, adults 43 million, Diabetics 6.5 million.

Initially the Awareness Campaign and D R Screening clinics are being organized in Vadodara District.

The Gujarat State Branch Of IMA has already formed a project committee headed by Dr Pradeep Sheth, Chairman and Dr Chetan Patel, Covenor.
IMA AIOS Prgm With Akal Hospital Punjab Manali to Leh 16 Jun – 16 Jun
Detection of Diabetes and Diabetic Retinopathy
Awareness Campaign at 10 base camps
Gained world wide acclaim, global attention and public interest and attention
Evidenced by the Social media response