### What are the three main types of DM complications?
- Microvascular
- Macrovascular
- Neuropathy

### Describe the 4 main chronic complications of diabetes
- Retinopathy – most common cause of blindness in people of working age
- Nephropathy – 16% of all new patients needing renal replacement therapy have diabetes
- Erectile dysfunction – may affect up to 50% of men with long-standing diabetes
- Foot problems – 15% of people with diabetes develop foot ulcers; 5 – 15% of people with diabetic foot ulcers need amputations

### What % of new patients needing renal replacement have diabetes?
- A specific kidney disorder characterised by changes in the renal microcirculation leading to proteinuria and progressive decline in renal function
- Peak onset in patients who have had diabetes for 10 to 20 years

### What is diabetic nephropathy?
- Retinopathy – accounts for 90% of cases of visual impairment in type 1 diabetes
- In type 2 diabetes, cataract, macular degeneration and glaucoma account for 50% of cases
- Incidence of blindness @ 12% in type 1 and 5% in T2DM

### What is diabetic eye disease?
- The principle abnormalities in retinopathy are capillary changes resulting in leakage of protein and capillary closure (causing ischaemia)
- The retina tries to maintain its blood supply by producing growth factors (e.g. VEGF – vascular endothelial growth factor)
- The accessibility of the retinal microcirculation to direct observation allows early detection and intervention

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### What is the incidence of blindness in T1 and T2DM?
- Laser Photocoagulation (traditional – late 70s):
  - Effective treatment that has had major impact of management of diabetic retinopathy
  - Get rid of ischaemic areas (which produce growth factors) and get rid of leaky vessels