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Untreated diabetes leads to blindness

THE current session of the 13th Annual International Conference of the Egyptian Vitreoretinal Society (EGVRS) has warned of the increased incidence of blindness because of the effects on the retina of the complications of diabetes.

Dr Hani Hamza, Professor of Ophthalmology at Cairo University and Secretary General of EGVRS, confirmed that 90 per cent of diabetics, who had been diagnosed with the disease 15 years ago, would be affected. However these complications could be avoided by raising awareness and by commitment to the right treatment at the right time.

He was speaking to a press conference held recently in Cairo on the sidelines of the annual conference.

For his part, Dr Magdi Mussa, Professor of Ophthalmology at Tanta University said that diabetes was the one disease that had the greatest

impact on the different functions of the eye.

It affected the iris, the retina (causing retinopathy) and the optical centre and if all these complications were allowed to develop untreated, they would lead to blindness.

Prevention of the previous complications is based on raising awareness of how to deal with diabetes as it is a chronic disease.

The glucose in the blood has to be controlled and the eyes should be checked regularly, to follow up on the various types and stages of retinopathy so as to provide the necessary treatment and avoid the complications, according to Dr Mussa.

Dr Hamza confirmed that the EGVRS' conference was one of the most important specialised events in Egypt and the Middle East region.

He noted that this session had been attended by a large number of ophthal-



DR Hani Hamza (R) and Dr Magdi Mussa (L) have stressed during a press conference held recently that the importance of raising awareness of diabetes' complications to avoid blindness.

mologists from Germany, Italy, the United States, Japan, Portugal, Canada and India.

The current session of the conference is covering several activities including organising training courses

for junior ophthalmologists, defining ways to raise awareness of retinal disease and discussing the latest research and studies on vitreoretinal treatments, new surgical procedures and medication.