



Student Volunteer Optometric Services to Humanity

SVOSH-UWI

Trinidad and Tobago Chapter

DIABETES AWARENESS MONTH

Two Part Webinar Series

SVOSH UWI in collaboration with TTOSA presents....

**Diabetes  
Awareness Month  
Two part  
Webinar series**

With our guest speakers...



Dr. Mala Blackman



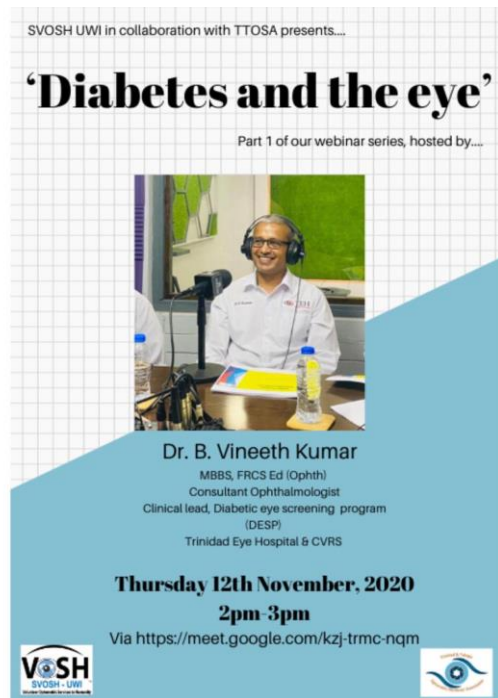
Dr. B. Vineeth Kumar

Via <https://meet.google.com/kzj-trmc-nqm>



In aid of Diabetes Awareness month, SVOSH-UWI decided to collaborate with the Trinidad and Tobago Optometry Student Association (TTOSA) to host a webinar series to provide awareness for both our students and the wider public. This webinar series was broken up into two parts, the first part was focused on diabetes and the eye while the second part was focused on the effects of diabetes on the body.





On Thursday 12<sup>th</sup> November, 2020 we held Part 1 of our series and it was entitled: “Diabetes and the Eye” carried out by Dr. B. Vineeth Kumar, a well renowned Ophthalmologist. As the titled states, we focused on the effects of diabetes on the eyes as many are unfamiliar with the fact that many diseases like diabetes do not only affect one part of the body but can affect many parts in various ways. We learned of the prevalence of diabetes worldwide and how our country of Trinidad and Tobago holds the 5<sup>th</sup> highest amount of diabetic persons per capita with the most diabetics per capita in the western hemisphere. It’s most prevalent form was found to be is type 2 diabetes and its prevalence in terms of demographics leaned towards females more than males around 20 years and older in age. Dr. Kumar took time to explain the difference between non-proliferative and proliferative diabetic retinopathy, it’s development and gradation. He also highlighted the risk factors and other problems that can be developed in the eyes when a person has diabetes.

Below are some snapshots from Dr.Kumar's webinar session.

I WILL TAKE US THROUGH THE FOLLOWING ASPECTS

- Diabetes : An Introduction
- Its romantic relationship with the eyes
- How can we detect this romance ?
- How can we help in this relationship with intervention
- How do we tell this romantic story to others....
- Take home message

Vineeth Kumar

**Diabetes 15 HEALTHCARE ESSENTIALS**


There's a minimum level of healthcare everyone with diabetes should expect.

1 Your blood glucose levels measured regularly	7 Your weight checked and your diet increased	12 Complications like heart disease, kidney disease, nerve damage, eye disease, foot disease, and more are prevented
2 Your blood pressure measured regularly	8 Your cholesterol checked and your diet increased	13 If you're a woman who is pregnant, you get regular care to prevent complications
3 Your blood fats (cholesterol) measured regularly	9 A care plan reviewed regularly to make sure your health care team is up to date	14 You have specialist care for complications like heart disease, kidney disease, nerve damage, eye disease, foot disease, and more
4 Your eyes screened regularly for eye disease	10 You have a plan for staying active and healthy	15 Emotional and psychological support
5 Your feet checked regularly	11 You have a plan for staying healthy and active	
6 Your kidney function checked regularly	12 You have a plan for staying healthy and active	

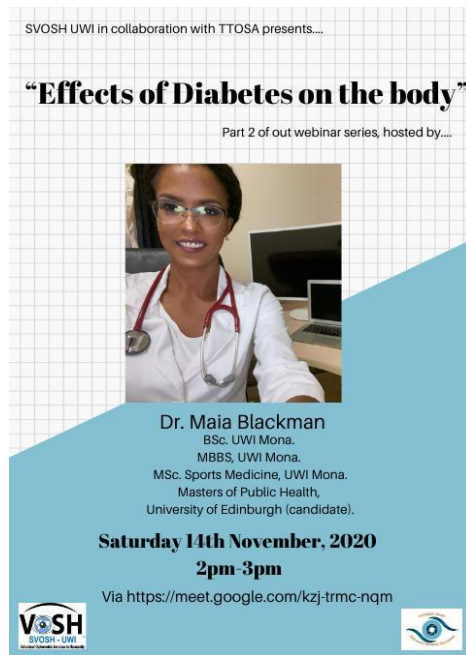
Vineeth Kumar

**OTHER PROBLEMS OF DIABETES ON AND IN THE EYES**

- Progressive loss of vision
- **Predispose to glaucoma**
- **Increased Cataract formation**
- Postoperative inflammation following surgery
- Nerve palsies
- Pupil abnormalities
- Blindness

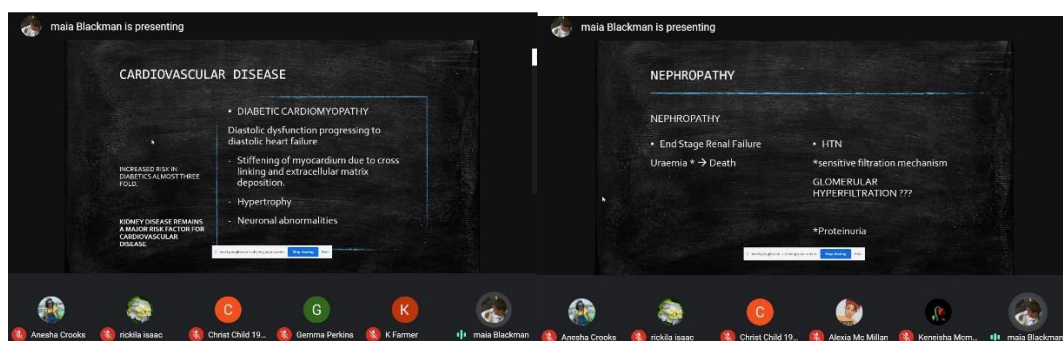


Vineeth Kumar

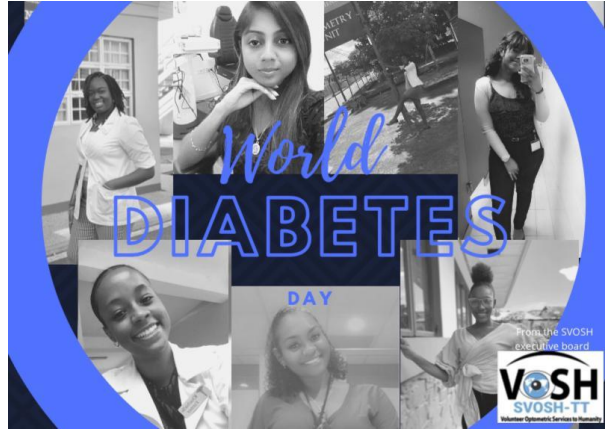


On Saturday 14<sup>th</sup> November, as we commemorated World Diabetes day, we held the part 2 of our webinar series entitled: “Effects of Diabetes on the Body”. Our speaker for the webinar was Dr. Maia Blackman, an esteemed healthcare professional, who took time to broke down the effects of diabetes and all that it relates to while giving us a recap about its relation with the eyes. This session was very informative, and thorough. She ensured that this webinar was interactive as she started off by showing us her personal concept map of diabetes and encouraged us to create our own as she presented. Throughout the lecture, we were quizzed to ensure that we were following and encouraged to ask questions where we may have fallen off the wagon. She showed us how easily we can break down the topic of diabetes into four major subsections or two sub groups: Microvascular and Macrovascular as well as Acute and Chronic.

Below are some snap shots from Dr. Blackman’s webinar session:



Though our focus may be on the eyes as upcoming Optometrist it is important that we understand the body and the effects of various diseases in its entirety so that we can educate, advise and empathise with our patients. This is just another small way to show our patients that we care. On a wide scale, we are able to not only impact the lives of our patients but also the lives of our families, friends and loved ones. In this way, each on can reach one. Prevention is always better than the cure, let's become more aware so that we can bring awareness. Eye care, We care.



Written by: Chelsea Boyce-Bain  
SVOSH-UWI President  
Trinidad and Tobago Chapter