



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. Maia 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.



SVOSH UWI in collaboration with TTOSA presents....

# 'Diabetes and the eye'

Part 1 of our webinar series, hosted by....



Dr. B. Vineeth Kumar

MBBS, FRCS Ed (Ophth)  
Consultant Ophthalmologist  
Clinical lead, Diabetic eye screening program  
(DESP)  
Trinidad Eye Hospital & CVRS

Thursday 12th November, 2020

2pm 3pm

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



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 receive.

At least once a year

1 Your blood glucose levels (fasting test)  
2 Your blood pressure measured and recorded  
3 Your blood fats measured and recorded  
4 Your eyes examined  
5 Your feet checked  
6 Your kidney function monitored

7 Your weight  
8 If you're pregnant, support you through pregnancy  
9 To discuss and agree your care plan with your healthcare team

10 Your diabetes complications assessed

11 If you are a young person, your healthcare team discusses a possible heart attack

12 Controlling high blood pressure when you're pregnant  
13 Find a clinician who is buying high-quality diabetes healthcare and can prescribe through a prescription service

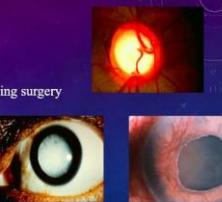
14 Help from specialist healthcare professionals - dietitians, nurses, etc.

15 Emotional and psychological support

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

SVOSH UWI in collaboration with TTOSA presents....

## “Effects of Diabetes on the body”

Part 2 of our webinar series, hosted by....



Dr. Maia Blackman  
BSc, UWI Mona.  
MBBS, UWI Mona.  
MSc. Sports Medicine, UWI Mona.  
Masters of Public Health,  
University of Edinburgh (candidate).

**Saturday 14th November, 2020**

**2pm-3pm**

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



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 break 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:

**CARDIOVASCULAR DISEASE**

- DIABETIC CARDIOMYOPATHY
- Diastolic dysfunction progressing to diastolic heart failure
- Stiffening of myocardium due to cross linking and extracellular matrix deposition.
- Hyper trophy
- Neuronal abnormalities

**NEPHROPATHY**

- NEPHROPATHY
- End Stage Renal Failure
- Uraemia → Death
- HTN
- \*sensitive filtration mechanism
- GLOMERULAR HYPERFILTRATION ???
- Proteinuria

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 one 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