

## **PS2.151**

### **Diabetic retinopathy and pregnancy**

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**Background and Aim:** Diabetic retinopathy (DR) is a morbidity caused by diabetes and is a major cause of nontraumatic preventable blindness. Pregnancy is an independent risk factor for the progression of DR, with rates between 5-70%. According to an international study, 10.3% of pregnant diabetics without retinopathy had disease progression during or after pregnancy. The purpose of this study is identify the risk factors associated with the progression of DR; evaluate the importance and frequency of diagnosis of DR and the practice of physical exercise during pregnancy.

**Method:** A literature search of articles published in Pubmed, DGS and SPO was performed using MESH terms 'Diabetic retinopathy' and 'pregnancy'.

**Results:** The risk factors for progression of DR in pregnancy are: DM duration; the poor metabolic control and the severity of DR; rapid normalization of blood glucose levels during pregnancy and the presence of other cardiovascular risk factors. It is imperative that young diabetic women are observed by an ophthalmologist before becoming pregnant or at least in the first trimester of pregnancy to determine the severity of the DR. The following should be tighter in the long term diabetic with severe DR, with coexisting hypertension or kidney disease. In women with DR pre-conception severe proliferative, pregnancy should be delayed until the retinal disease is treated and stabilized. The most important approach is prevention. The patient should have good glycemic control and DR should be treated before pregnancy. Physical activity can be maintained during pregnancy, but with moderate intensity avoiding vigorous exercise. In proliferative or severe non proliferative DR, vigorous exercise is contraindicated.

**Conclusions:** The approach to women with diabetes who want to get pregnant needs to be multidisciplinary. Good metabolic control is the major pillar in reducing the risk of progression of DR and prevention of fetal malformations.