

Use of Diode Laser in Diabetic Maculopathy

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A one-year prospective non-comparative study was conducted at Department of Ophthalmology, Jinnah Postgraduate Medical Center, Karachi. This study was conducted to determine the visual outcome and the effect of diode laser in treatment of diabetic maculopathy. During this period, 1340 patients were registered and screened for diabetic maculopathy. Eighty two (6.11%) patients had diabetic maculopathy, out of which 58 eyes were selected for treatment with diode laser. Out of 58 eyes, vision in 4 eyes (6.90%) improved, 46 eyes (79.31%) remained unchanged and 3 eyes (5.17%) showed loss of 1 line and 5 eyes (8.62%) showed loss of two or more lines. At a mean period of 6 months follow-up, 49 eyes (84.49%) showed complete or partial resolution of biomicroscopically visible macular edema while 9 eyes (15.51%) developed proliferative diabetic retinopathy during the follow-up period, they had to undergo additional laser treatment (panretinal photocoagulation, PRP). The study suggests that diode laser photocoagulator, which acts by absorption within melanin of leaking retinal pigment epithelium induced closure of leaking retinal microaneurysms and is effective in the treatment of diabetic maculopathy. The prognosis is best in eyes with visual acuity 6/18 or better, with focal areas of leakage.