

# Complex Complications in a Diabetic Patient: A Case Study on Multi - Organ Involvement

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**Abstract:** *This case study explores the clinical presentation and subsequent diagnosis of a 23 - year - old female patient with a history of diabetes mellitus who exhibited multiple symptoms, including generalized edema, abdominal distension, and loss of appetite, accompanied by burning micturition. Recently diagnosed with hypertension, the patients condition underscores the interconnected complexities of chronic diseases. Her ocular evaluation revealed proliferative diabetic retinopathy and clinically significant macular edema, highlighting the severe impacts of uncontrolled diabetes on various bodily systems. This report emphasizes the need for comprehensive management strategies and regular monitoring in patients with long - standing diabetes to prevent or mitigate multi - organ complications.*

**Keywords:** Diabetes mellitus, hypertensive complications, diabetic retinopathy, macular edema, case study

23 Years old female patient housewife by occupation was admitted in Female med ward with chief complaints of Generalized oedema, abdominal distension and loss of appetite and burning micturition since 1 month.

Patient was apparently alright 1 month back when she started complaining abdominal distension and loss of appetite followed by generalized oedema and burning micturition since 1 month which was progressive in nature.

Patient is known case of diabetes mellitus since 4 years.

Patient is recently diagnosed case of hypertension 1 month back.

Patient did not have any ocular complaints at present, Call was given to the ophthalmologist in view of Fundus examination

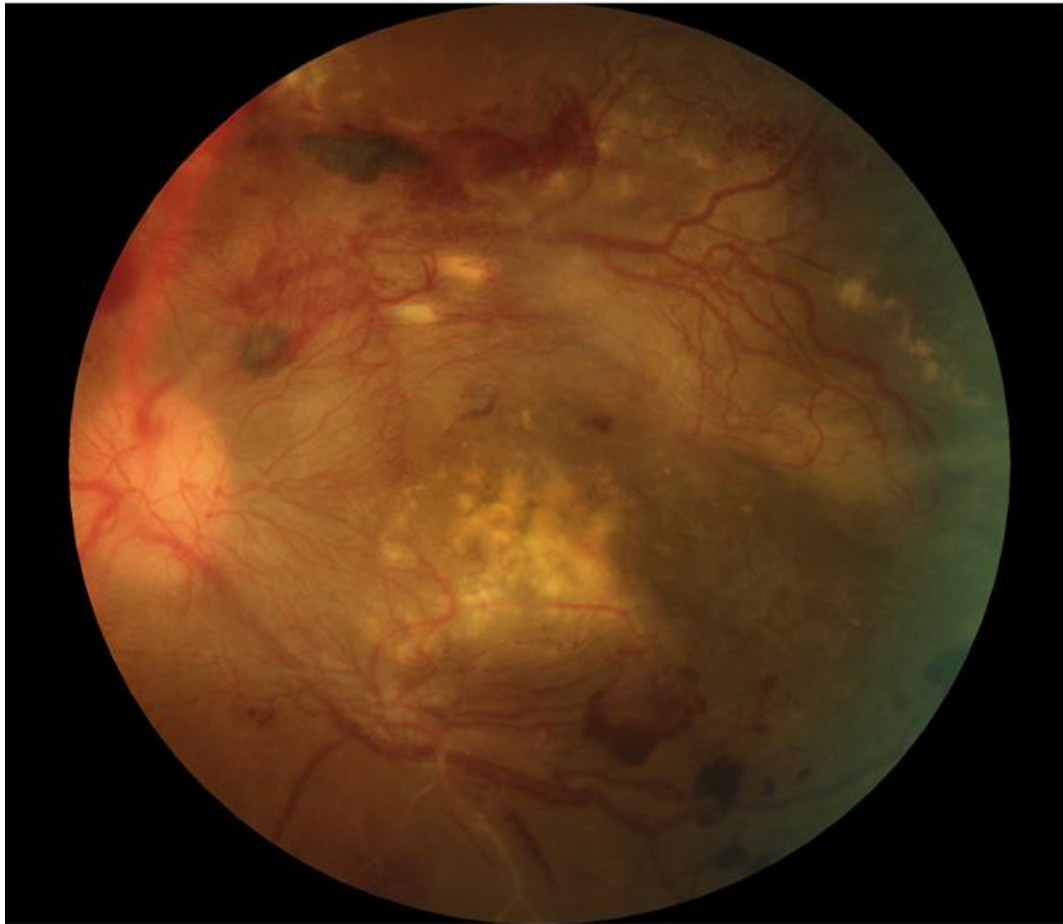
Fundus findings were remarkable.



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Proliferative diabetic retinopathy with diabetic papillopathy associated with clinically significant macular oedema in both eyes.

### **Suggested Conclusion**

This case exemplifies the severe complications that can arise in young patients with poorly controlled chronic conditions such as diabetes mellitus and newly diagnosed hypertension. The findings stress the importance of vigilant monitoring and holistic management to address not only the metabolic and vascular challenges but also the potential ocular involvements. Early intervention and consistent treatment are crucial to improving outcomes and preventing the progression of complications in similar clinical scenarios. The intricate interplay of symptoms in this patient serves as a vital reminder of the complexities involved in managing chronic diseases and the need for a multidisciplinary approach to patient care.