

**INTRODUCTION**

- An epidemic of diabetes mellitus (DM), mainly DM2 linked to changing lifestyle, obesity, and increasing age of the population is observed nowadays.
- IDF forecasts a rise from 366 million patients with diabetes worldwide in 2011 to 552 million by 2030.
- There are 3.1 million patients with DM in Poland, 5.2 million of the Polish population have the pre-diabetes status.
- Prevalence of DM1 in Warmia-Mazury (Poland) is 4.8%.

**OBJECTIVE**

To examine the risk factors associated with DM in a Warmia and Mazury (Poland) population of adult patients with DM in a particular focus on the differences between patients with DM1 and DM2.

**MATERIALS AND METHODS**

This is a cross-sectional study (2011-2013). The study group consisted of adults patients with DM1 and DM2, diagnosed according to the WHO criteria.

**CONCLUSIONS**

- It was shown that common risk factors for diabetic retinopathy in DM1 and DM2 patients included: diabetes duration, percentage of glycated hemoglobin, triglycerides concentration and cigarette smoking status.
- The risk factor for diabetic retinopathy which differentiated the two studied groups of diabetic patients was the advancement of diabetic kidney disease: in DM1 patients - diabetic kidney disease in G1 chronic kidney disease; in DM2 patients - diabetic kidney disease in G2 chronic kidney disease.
- A significant identified risk factor for diabetic retinopathy in DM2 patients consisted in the level of intensification of anti-diabetic treatment caused by late implementation of insulin therapy.

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**RESULTS**

**Characteristics of the study group with DM**

The relationship between the ratio of HbA1c, total cholesterol and BMI in the group of DM1 patients

**Characteristics of the study group with DM**

The relationship between the ratio of HbA1c, total cholesterol and BMI in the group of DM2 patients

**Metabolic control in the study group with DM**

The correlation coefficient for the variables in DM patients with DR

**Metabolic control in the patients with and without DR**

The correlation coefficient for the variables in DM2 patients with DR