

DIABETIC RETINOPATHY

develop	leak	cause	surface	pressure	blurry
restored	damages	irreversible	advanced	loss	

1. _____

Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of this disease. All can cause severe vision loss or even blindness.

- **Diabetic retinopathy.** This disease, which is specific to those with diabetes, blood vessels in the retina. There are no early symptoms. Only an eye exam can identify it. vision problems occur if the disease progresses.
- **Cataracts.** Cataracts are the clouding of the eye's lens that causes vision to become People with diabetes are twice as likely to develop a cataract as those who do not have the disease. In addition, cataracts tend to develop at an earlier age, around middle age, in people with diabetes.
- **Glaucoma.** Glaucoma results from an increase in fluid inside the eye that leads to progressive optic nerve damage and of vision. People with diabetes are nearly twice as likely to develop glaucoma as other adults.

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Diabetic retinopathy is the most serious diabetic eye disease. Nearly half of the millions of Americans with diabetes have some degree of diabetic retinopathy, a leading of blindness in American adults.

It is caused by changes in the retina's blood vessels. In some people with diabetic retinopathy, retinal blood vessels may swell and fluid. In others, abnormal new blood vessels grow on the of the retina. These changes can cause vision loss or blindness.

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Anyone with diabetes. The longer someone has diabetes, the more likely diabetic retinopathy may In fact nearly three-quarters of all diabetic patients develop microvascular complications such as diabetic retinopathy during their lifetime. Virtually all people who have had type 1 diabetes for 15 years or more have some degree of diabetic retinopathy.

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Many people with diabetic retinopathy don't have early symptoms. There is no pain, no blurred vision and no inflammation of the eyes. In fact, many people don't develop vision problems until the disease has reached an stage. At this point, the vision that has been lost cannot be

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onset sugar regular surgery reduce treated laser risk pregnant seal control

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If new vessels have grown on the surface of the retina, your eye care professional may suggest treatments, which aim a high-energy beam of light onto the retina to shrink the abnormal vessels. Laser surgery has proven to the risk of severe vision loss from this type of diabetic retinopathy by 60 percent.

If you have macular edema, laser treatment may also be used. In this case, the laser beam is used to the leaking blood vessels. However, laser treatment cannot restore vision that has already been lost. That is why early detection of diabetic retinopathy is the best way to prevent vision loss.

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Not totally, but your risk can be greatly reduced. Excellent control of blood sugar levels slows the and progression of retinopathy, and lessens the need for laser treatment for severe retinopathy.

A study found that people with diabetes who kept their blood sugar levels as close to normal as possible had much less eye, kidney and nerve disease.

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If you have diabetes, you are also at risk for other diabetic eye diseases. Studies show you are twice as likely to get a cataract as someone who does not have diabetes. Also, cataracts often develop at an earlier age in people with diabetes. Cataracts can be by surgery.

Glaucoma may also become a problem. A person with diabetes is nearly twice as likely to develop glaucoma as other adults. And, as with diabetic retinopathy, the longer you have had diabetes, the greater your for glaucoma. Glaucoma may be treated with medications, and by laser or other forms of An annual eye exam is best way for early detection of forms of diabetic eye disease and to prevent vision loss.

8. _____

- Monitor and your blood pressure. If it is high, it can damage your eyes. Have your blood pressure checked at least four times a year.
- Get eye exams. Even if your sight is fine, you need them. You should have your eyes dilated and examined once a year.
- Control your blood as much as possible.
- If you are and have diabetes, see an eye doctor during your first three months.
- Don't smoke.

DIABETIC RETINOPATHY

How is diabetic retinopathy treated?

What can I do to prevent diabetic eye problems?

How common are the other diabetic eye diseases?

What kinds of eye problems affect people with diabetes?

Can diabetic retinopathy be prevented?

What are its symptoms?

Why is diabetic retinopathy a concern with diabetes?

Who is most likely to get diabetic retinopathy?



Adapted from:

http://eugeneeyecare.com/conditions/Diabetic_Eye_Disease.html