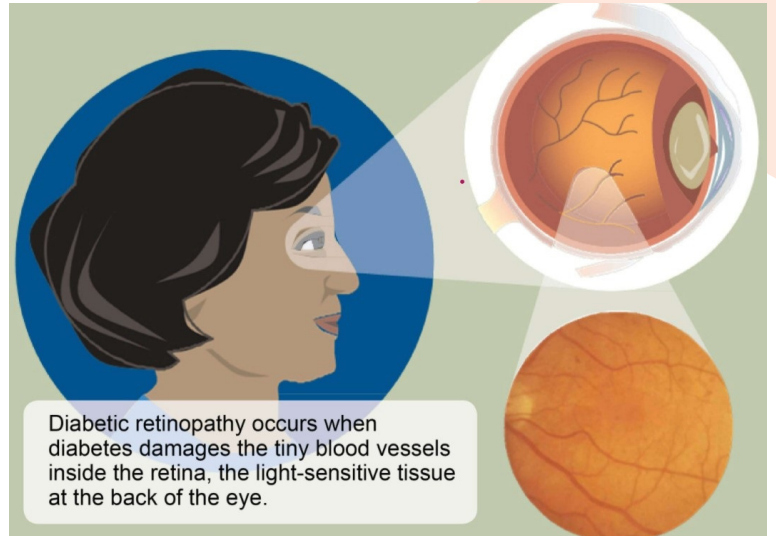


DIABETIC RETINOPATHY

WHAT IS DIABETIC RETINOPATHY?



WHY IS EARLY DIAGNOSIS OF DIABETIC RETINOPATHY IMPORTANT?

- Diabetic retinopathy, if left untreated, can affect your eyesight permanently. It is a significant cause of blindness in the working population.

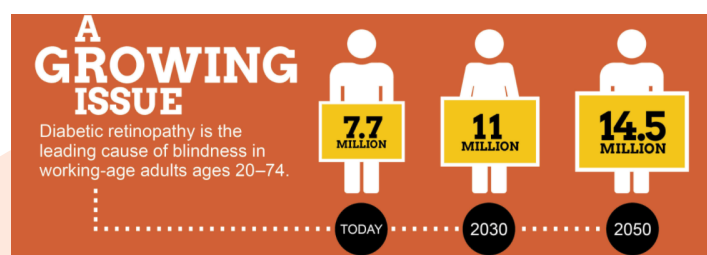
WHO GETS DIABETIC RETINOPATHY?

All people with diabetes are at some risk of getting Diabetic Retinopathy.

Even when your diabetes is controlled by diet, tablets or insulin, you are at a risk of getting Diabetic Retinopathy.

You are at greater risk if:

- you have had diabetes for a long time;
- your diabetes is poorly controlled;
- you have high blood pressure; or
- you are having kidney disease, or are obese or pregnant.



IF YOU HAVE DIABETES, GET YOUR EYES CHECKED

DIABETIC RETINOPATHY

DO ALL PEOPLE WITH DIABETES NEED TO BE SCREENED?

YES, ALL DIABETIC PATIENTS AGED 12 YEARS AND OVER SHOULD HAVE THEIR EYES SCREENED. REGARDLESS OF HOW YOUR DIABETES IS CONTROLLED, WHETHER IT'S CONTROLLED OR NOT, YOU STILL NEED TO ATTEND FOR SCREENING

HOW WILL I KNOW IF I HAVE DIABETIC RETINOPATHY?

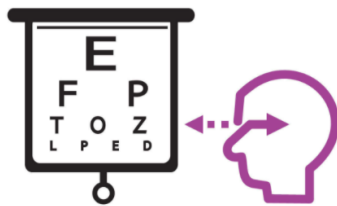
Diabetic retinopathy does not usually cause a loss of sight until it has reached an advanced stage.

You must get professional advice if you have any new problem with your sight such as:

- if your sight suddenly gets worse, distorted or you lose all or part of your vision; or
- you get a sudden increase in floaters in your vision.

NO EARLY SYMPTOMS

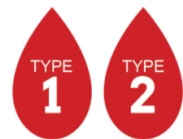
However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.



WHO IS AT RISK?



All people with diabetes—both type 1 and type 2—are at risk.



95%

REDUCED RISK OF VISION LOSS

Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.

IF YOU HAVE DIABETES, GET YOUR EYES CHECKED

DIABETIC RETINOPATHY

DO'S AND DON'TS



YOU CAN PROTECT YOUR VISION.

Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don't forget to—

- T** Take your medications.
- R** Reach and maintain a healthy weight.
- A** Add physical activity to your daily routine.
- C** Control your blood sugar, blood pressure, and cholesterol.
- K** Kick the smoking habit.

WHAT IS THE TREATMENT OF DIABETIC RETINOPATHY ?

COMMON TREATMENTS FOR DIABETIC RETINOPATHY

EYE INJECTIONS

First off, you should know that your eye will be numbed! Second, know that it's worth it—these injections can stop the growth of abnormal and leaky blood vessels.



FOCAL LASER

This quick, painless procedure seals off specific blood vessels near the macula (the center of the retina). It can be used in combination with shots.



SCATTERED LASER

Doctors will use this treatment when damaged blood vessels are found throughout your entire retina, and/or when they've increased in number.



VITRECTOMY

If injections and laser treatments haven't worked, your doctor may perform this surgical procedure to remove blood and scar tissue from inside the eye.



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