

Preventing vision loss from diabetic retinopathy

- High blood sugars damages retinal blood vessels resulting in vision loss. Strict control of blood sugars helps in preventing any vision loss.
- Associated blood pressure, anemia (low hemoglobin), kidney problems or high cholesterol levels increase the diabetic damage to the eye.
- Visit an eye doctor regularly. If treated early, vision loss in diabetes can be avoided.
- Exercise regularly.
- Eat plenty of green vegetables.
- Stop smoking, alcohol and tobacco use

How is diabetic retinopathy treated?

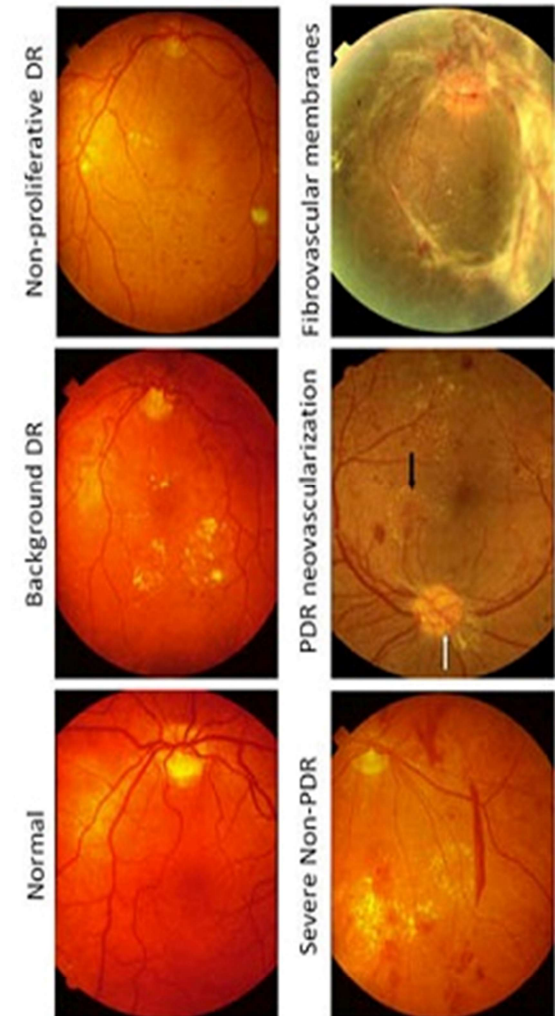
The treatment of Diabetic retinopathy depends on the stage at which the patient presents to us.

- In early stages, controlling the blood sugar levels and other parameters helps in controlling diabetic retinopathy.
- Some patients may need drops or injections in eyes to reduce the retinal swelling and slow the vision loss and perhaps even improve the vision.
- Retinal Lasers may be needed to seal off the leaking vessels. This can help in reducing the swelling of the retina. Sometimes more than one sitting of laser is needed.
- Retinal surgery may be needed in advanced cases of diabetic retinopathy to remove blood or scar tissue from the eye.

Contact Us:

Sanjeevani Eye Hospital,
1st floor Vrindavan, Salasar CHS.,
150 feet road, Opp. Maxus mall,
Bhayendar West,
Thane 401101
Tel:022 28162222/ 28172222/ 9004672732
e-mail-eyehospitalsanjeevani@gmail.com

Diabetic Eye Disease



What is diabetic retinopathy?

People with diabetes can have an eye disease called diabetic retinopathy. This is when high blood sugar levels cause damage to blood vessels in the retina. These blood vessels can swell and leak or they can close, stopping blood from passing through. Sometimes abnormal new blood vessels grow on the retina. All of these changes can decrease your vision.

Stages of diabetic retinopathy

There are 2 main stages of diabetic eye disease.

NPDR (Non Proliferative Diabetic Retinopathy) This is an early stage of diabetic eye disease. In NPDR, the blood vessels leak causing swelling of the retina. This swelling is called **macular edema**. This is the most common cause of vision loss in diabetics.

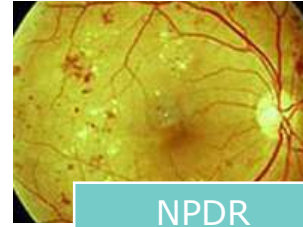
In some cases of NPDR, blood vessels in the retina can close off. this is called **macular ischemia**.

PDR (Proliferative Diabetic Retinopathy)

This is a more advanced stage of diabetic eye disease. In this stage, there is a growth of new blood vessels into the retina. This is called neovascularisation. These fragile new vessels often bleed into the eye. If the bleed is less, the patient sees a few dark floaters. If the bleed is more, it can block all vision.



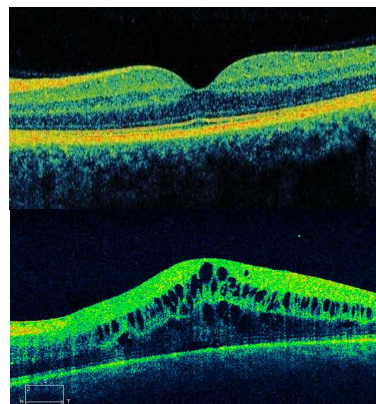
Normal Retina



NPDR



PDR



Normal OCT

Edema

What are diabetic retinopathy symptoms?

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms like

- seeing more number of floaters
- having blurry vision
- having vision that changes sometimes from blurry to clear
- seeing blank or dark areas in your field of vision
- having poor night vision
- noticing colours appear faded or washed out
- losing vision

Diabetic retinopathy symptoms usually affect both eyes.

How is diabetic retinopathy diagnosed?

Diabetic retinopathy is diagnosed by a good clinical examination using special lenses to look into your eye.

Sometimes an OCT test may be needed to give a better idea of the extent of the disease. The machine scans the retina and provides detailed information of the thickness and changes in the retina.