

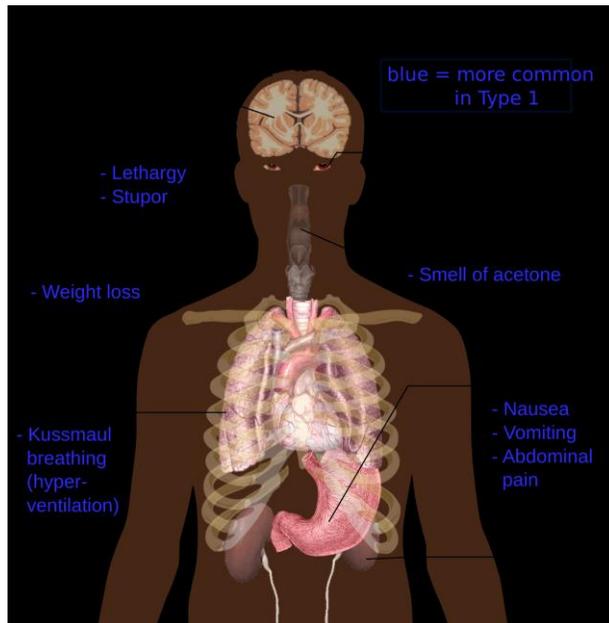


**VISION IMPAIRMENTS IMPACTING  
PEOPLE TODAY  
DIABETIC RETINOPATHY**

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# DIABETES

- Diabetes is a condition where the body can't use and store sugar properly and this can cause many health problems.
- Too much sugar in the blood can cause damage to blood vessels throughout the body and this includes the blood vessels in the eye.
- Due to this, many people are affected with Diabetes and diagnosed everyday.



# DIABETIC RETINOPATHY

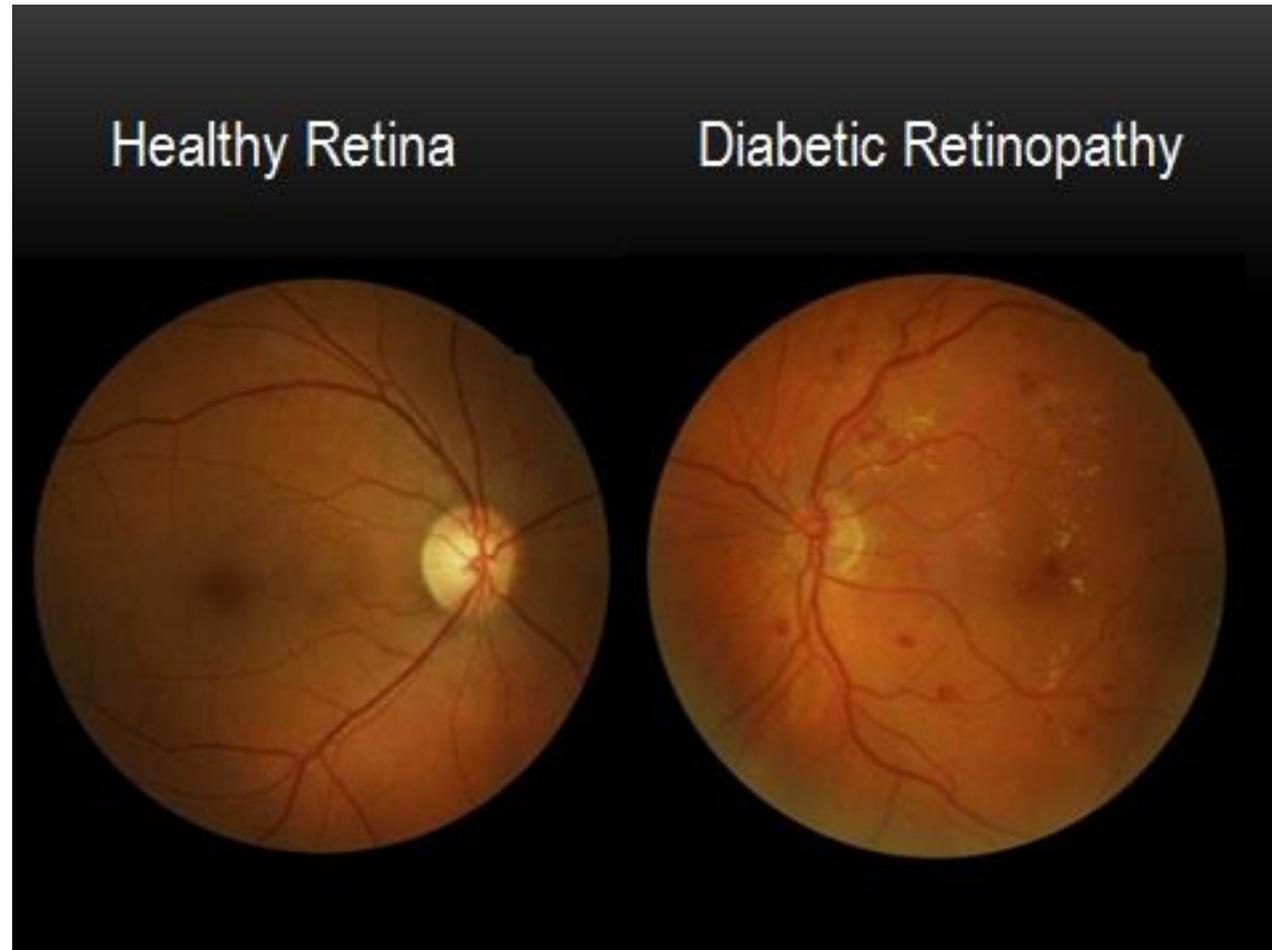
- Diabetic Retinopathy is an eye condition that results from the damaging effect of diabetes on the circulatory system of the retina.
- This is a common complication with the condition Diabetes.
- The back of the eye is affected from this condition.
- Changes in the tiny blood vessels of the retina can lead to vision loss.



# VIDEO DISCUSSING DETECTING DIABETIC RETINOPATHY

<http://youtu.be/sQ-0RkPu35o>

# DIFFERENCE BETWEEN HEALTHY AND DIAGNOSED RETINA



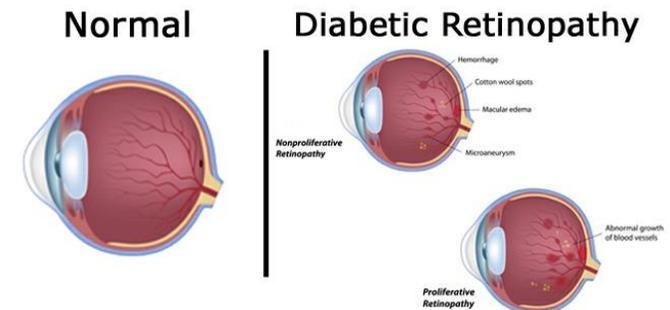
# SYMPTOMS



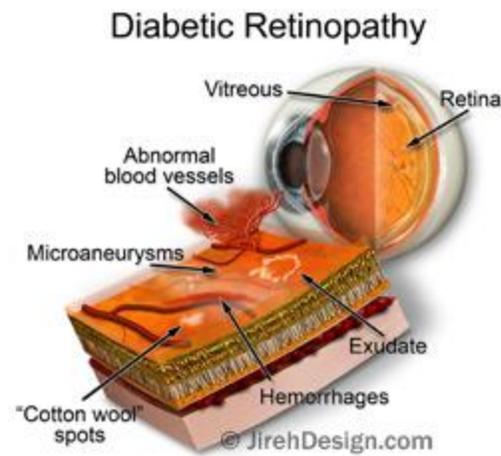
- Experiencing blurred vision or any changes in sight, E.g. seeing new black spots.
- Floaters things that appear to float in your eye,
- Having trouble seeing things at the side of your vision.
- Blurred vision can happen at any stage of diabetic retinopathy, although it is more likely to occur the longer you have diabetes.

Blurred vision happens for two reasons:

- ❖ Macular edema which are leaky blood vessels cause swelling of the macula.
- ❖ Proliferative diabetic retinopathy which are fragile new blood vessels on the retina causing bleeding in the eye.



# TREATMENTS

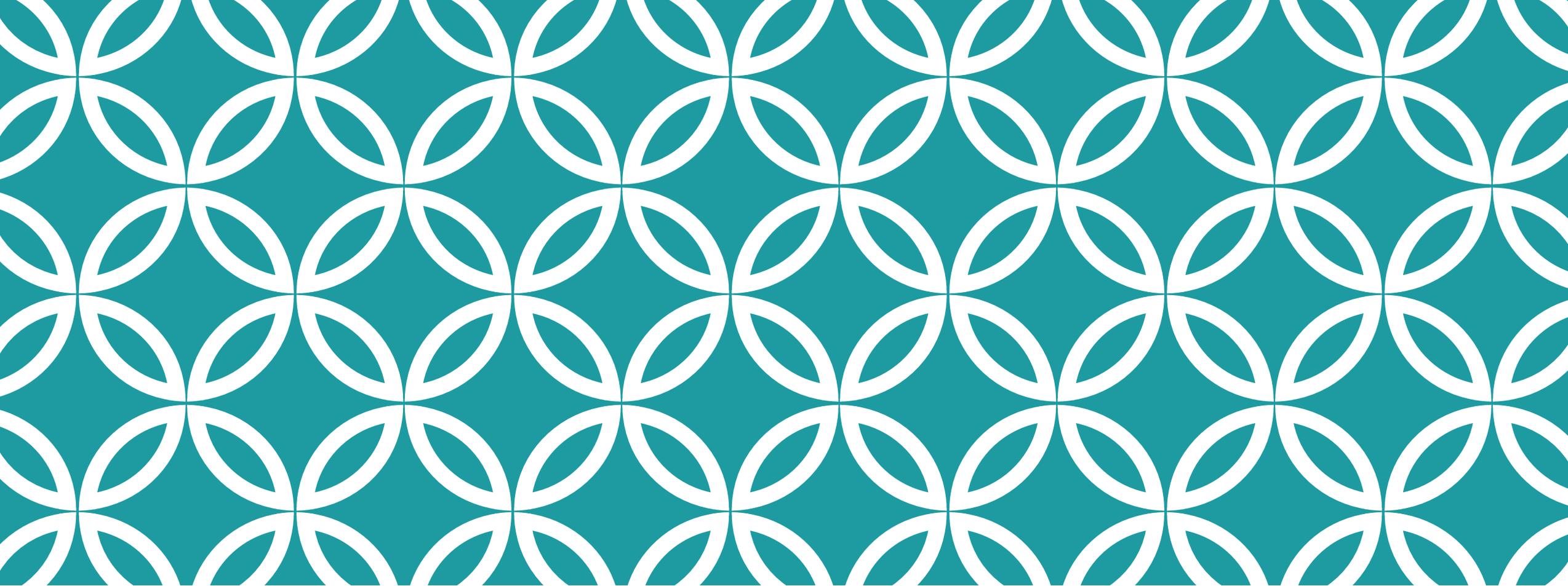


- Background retinopathy, this is a treatment that requires you to have annual eye examinations by an eye specialist so they can keep progress on the condition
- Pre-proliferative retinopathy is detected during screening, then the patient is referred to an specialist
- Maculopathy and proliferative retinopathy may require either laser treatment which burns away abnormal blood vessels and an eye surgery called vitreous surgery but is only recommended in when laser isn't an option
- Intravitreal injections are injections into the vitreous gel inside the eye. They are used alone or in combination with laser treatment. Most patients will require at least 3-4 injections.

# WHAT YOU CAN DO TO PREVENT DIABETIC RETINOPATHY

- Taking your prescribed medication.
- Sticking to your recommended diet
- Exercising on regularly and sensibly;
- Controlling high blood pressure.
- Limiting your alcohol intake.
- Avoiding smoking
- Attending your regular diabetes check-ups; and
- Have an eye examination every year.





**THANK YOU FOR LISTENING!**