

Diabetic Retinopathy



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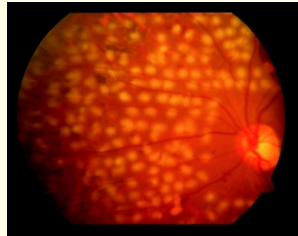


What is Diabetic Retinopathy ?

Diabetes is a disease, which affects the small blood vessels of all the organs of the body. As the disease progresses it inevitably involves the microvascular architecture i.e. the blood supply of the retina

(sensory part of the eye) also

This manifestation of diabetes is known as



Diabetic Retinopathy.

- Among patients with the onset of diabetes at a younger age, the prevalence of any retinopathy was 8% at 3 years, 25% at 5 years, 60% at 10 years, and 80% at 15 years.
- Up to 21% of patients with type 2 diabetes have retinopathy at the time of first diagnosis of diabetes, and most develop some degree of retinopathy over time.

Can it cause blindness ?

Yes. Severe loss of vision can occur due to bleeding within the eye or a retinal detachment (detachment of the sensory part of the eye). Moderate loss of vision can occur due to oedema (swelling) of the retina.

Can it be detected early ?

A simple dilated eye examination by a retinaspecialist can help to determine the amount and severity of the disease.

Can progression of Diabetic Retinopathy be slowed down ?

It can be slowed down if the systemic parameters mentioned below are strictly achieved by diet management and medicines.

1. Tight **blood sugar control**: Avoid fluctuations of blood sugar control
2. **HbA1c** level done every 3-4 months should be less than 7 %
3. Control **Blood Pressure**
4. Lipid profile should be kept normal. Specially **LDL cholesterol** level should be maintained below 100.
5. Check for **proteinuria or microalbuminuria or Serum creatinine**. Consult nephrologist for necessary action.
6. Maintain a good Haemoglobin - > 12gm% Discuss the above parameters with your Endocrinologist / Physician.

What all treatments are available ?

LASER can help to prevent a bleed in the eye and also decrease swelling of the retina. However, it cannot usually restore vision lost due to the retinal damage. LASER, in this case, has to be appropriately timed.

Periocular or Intraocular injection of steroids can also help reduce swelling of the retina (macular oedema).

Advanced cases with non-resolving bleed in the eye or retinal detachment

require advanced microsurgery. Today with highly advanced technology, good visual results can be achieved in a large number of advanced cases also.

