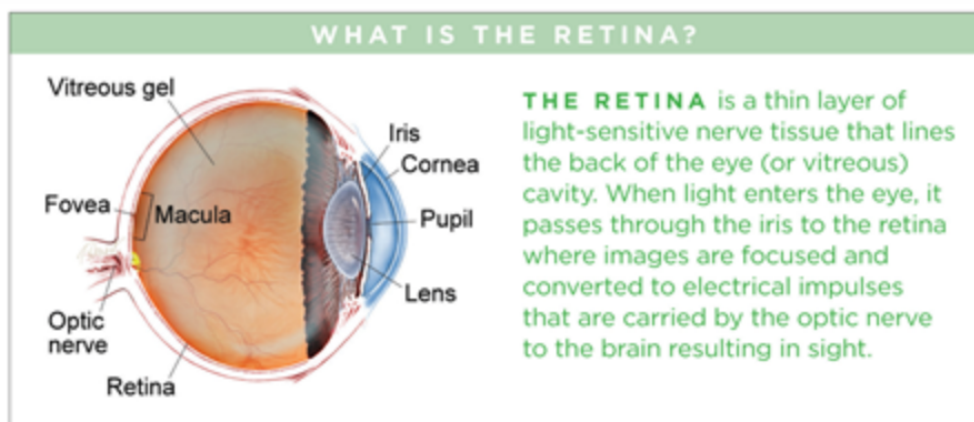


Are You Diabetic?

Diabetes Mellitus is a disease which often affects the eyes. Poorly controlled or uncontrolled diabetes can have an adverse effect on many organ systems in our body, especially our eyes and vision.

DIABETIC RETINOPATHY

Diabetic retinopathy is a complication of diabetes that results from damage to the tiny blood vessels of the retina. High levels of blood glucose for long periods can damage the small capillaries of the retina resulting in weak and leaky blood vessels. These damaged blood vessels can cause a decline in your vision.



Diabetic retinopathy is the most common cause of irreversible blindness in working-age Americans.

SYMPTOMS OF DIABETIC RETINOPATHY

It is possible to have diabetic retinopathy for a long time without noticing any symptoms at all. Symptoms of diabetic retinopathy may occur in one or both eyes. Symptoms may include:

- Blurred or double vision
- Difficulty reading
- The appearance of spots – commonly called “floaters” – in your vision
- A shadow across the field of vision
- Eye pain or pressure
- Difficulty with color perception

IMPORTANCE OF EYE EXAMS AS A DIABETIC

As an individual with diabetes, proper diet, exercise, blood-sugar management, and routine eye exams with your retina specialist are of the utmost importance. A tailored eye exam schedule will allow for proper detection, management, and follow-up of any diabetic related eye changes in order to help prevent vision loss.