

## How many people are affected?

As the number of people living with diabetes is rapidly increasing, so is the number of people with diabetic retinopathy.

### Globally

- Diabetes affects 170 million people worldwide and it is estimated that this number will rise to 366 million by 2030
- 1.85 million people are blind due to diabetic retinopathy

### In India

- One out of every five people with diabetes suffers from diabetic retinopathy
- Type 2 diabetes alone affects 62.4 million people in India and it is estimated that this number will rise to 100 million by 2030

## Simple steps for people with diabetes to prevent or slow down diabetic retinopathy



Make sure you get a yearly retina examination



Test for blood sugar (HbA1c) and keep blood pressure under control



Take prescribed medicines regularly



Follow a healthy diet and regular exercise



Visit an eye specialist promptly if this is recommended

## Treatment options are available

### Early stages

Laser surgery to seal leaking blood vessels

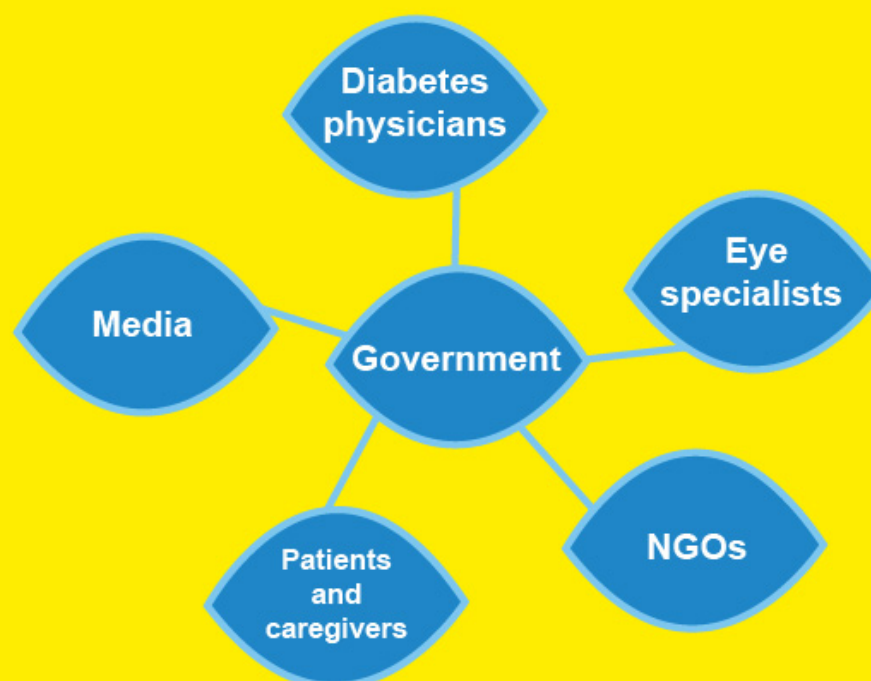
Injection/medication to decrease inflammation or stop the formation of new blood vessels

### Advanced cases

Surgical procedure may be required

## Race against time to meet the growing challenge of diabetic retinopathy: Potential avenues to act collaboratively for lasting change

- Forge partnerships and strategies to support national programmes and service delivery
- Research to understand and learn about what strategies work
- Create awareness and supportive environments for people with diabetes
- Build capacity of practitioners within and new to the system
- Foster platforms for consensus on evidence for policy change
- Promote appropriate use of affordable technology



**For more information, please contact us at [www.phfi.org](http://www.phfi.org) or [dr.india@iiphh.org](mailto:dr.india@iiphh.org)**