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THE QUEEN ELIZABETH  
DIAMOND JUBILEE TRUST

# DIABETIC RETINOPATHY

It is a general term for all disorders of the retina caused by diabetes. If diabetes is not controlled, it can lead to vision loss.

## YOU ARE AT RISK IF



- You have Type 1 or Type 2 diabetes
- You have lived with diabetes for more than 5 years
- Your HbA1c is above 5.7%
- You have high blood pressure
- You have kidney complications & other nutritional and genetic risk factors
- You are pregnant

DIABETES IS THE **6<sup>th</sup>** LEADING CAUSE OF BLINDNESS IN THE WORLD



### PROTECT YOUR VISION

If you have diabetes, you can reduce your risk of blindness by 90% with timely treatment and follow up care.

You may not realise the condition – only an eye specialist can detect diabetic retinopathy.



## 5 WAYS TO PREVENT DIABETIC RETINOPATHY

- Make sure you get a yearly retina examination
- Take prescribed medicines regularly
- Test for blood sugar (HbA1c) and keep blood pressure under control
- Follow a healthy diet and regular exercise
- Visit an eye specialist promptly if this is recommended

