

FIVE SIMPLE STEPS TO PREVENT DIABETES RELATED VISION LOSS

1



Make sure to get a yearly retina examination

2



Take prescribed medicines regularly

3



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

4



Follow a healthy diet and exercise regularly

5



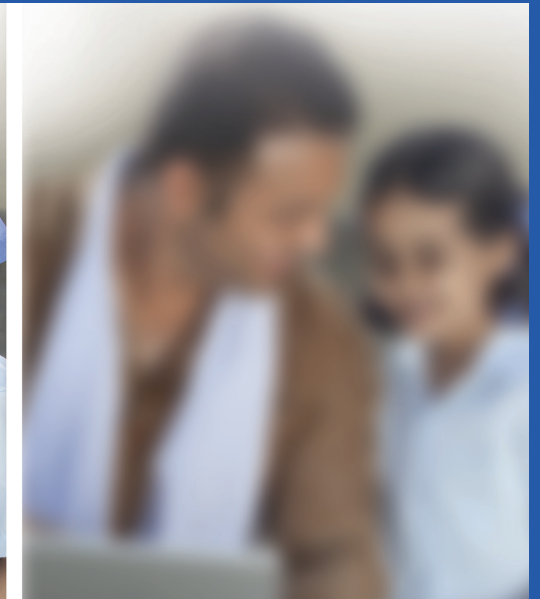
Visit an eye specialist promptly if this is recommended

Contact your nearest doctor for more information

DID YOU KNOW THAT DIABETES MAY CAUSE LOSS OF VISION?



Normal vision



Diabetes affected vision

70 million people in India suffer from diabetes. It is a disease that can affect every organ in the body – the heart, kidneys, blood vessels, nerves and eyes. Most people with diabetes find out that their eyes are affected only after they have already started experiencing vision problems. Diabetic retinopathy is one such problem that may lead to loss of vision.

Once a person loses vision due to diabetic retinopathy, it cannot be restored. Timely detection and treatment saves your vision.

HOW DOES DIABETIC RETINOPATHY AFFECT YOUR EYESIGHT?

Uncontrolled diabetes can damage the blood vessels in the retina, which is the light sensitive, inner part of the eye. This is called diabetic retinopathy or DR. This condition can affect both eyes and cause gradual changes in eyesight ranging from blurring, dark spots in vision to complete loss of vision. The outside of the eye may look absolutely normal.

If a person goes blind due to DR, vision cannot be restored. This is why timely and regular screening for DR is a must.

WHAT HAPPENS DURING A RETINA EXAMINATION?

Retina examination for diabetic retinopathy is a simple and painless procedure. The doctor looks for changes in the retina that may cause vision problems. A retina examination may include the following steps:

1



Eye drops are put in the eyes. You may have to wait for 15-20 minutes for them to take effect. Some advanced technologies do not require this step.

3



Photography of the retina is done.

2



An eye doctor uses an instrument to look inside your eye to examine the retina.

4



If you are found to have diabetic retinopathy and you are advised to go to an eye specialist, it is essential that you attend promptly.

5

The eye specialist will be able to tell you whether treatment is needed to save your sight. You will be advised on follow-up visits so that your condition does not worsen.