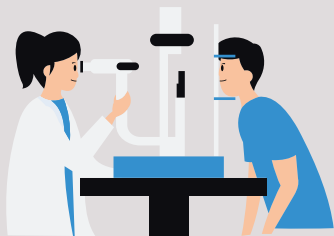


When you are diagnosed as diabetic, your doctor will want you to get an eye exam each year.

Diabetes can directly affect the health of the eyes, and can even lead to vision loss.

The eyes are also the only place in the body where live blood vessels can be observed easily. This makes the eyes a good tool to monitor control of diabetes.

Many eye complications from diabetes do not have apparent symptoms in early stages. However, an ophthalmologist or optometrist can monitor these changes closely.



**NEW PERSPECTIVE**  
EYE CARE



[newpeyecare.com](http://newpeyecare.com)

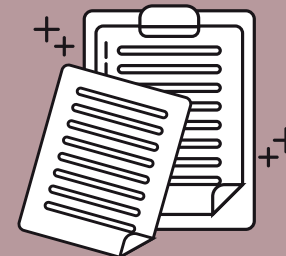
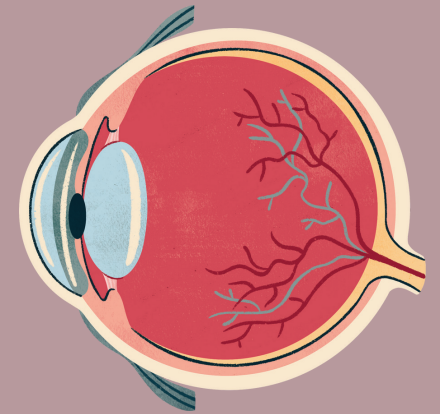
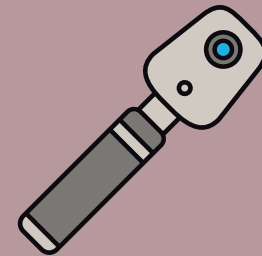


110 Revco Rd  
Somerset, PA 15501

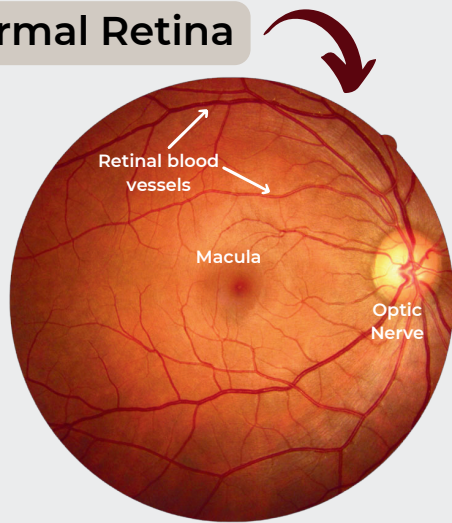


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# DIABETES AND THE EYE



## Normal Retina

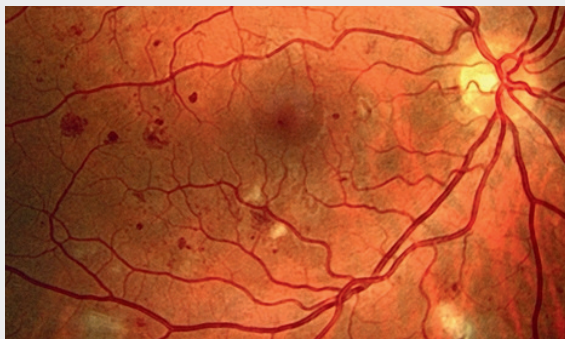


## NON PROLIFERATIVE DIABETIC RETINOPATHY

Blood and fat deposits can leak from retinal vessels

Areas of reduced blood flow may turn white forming what's called "cotton wool spots"

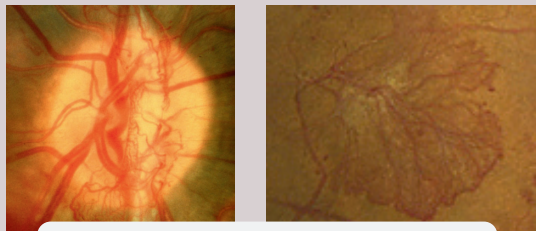
Depending on severity, this is typically monitored every 3-6 months with retinal examination and photos



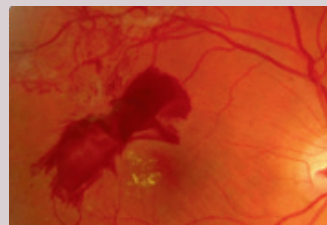
## PROLIFERATIVE DIABETIC RETINOPATHY

Retina starts to grow new blood vessels (neovascularization) to compensate for dysfunction of normal vessels

If not treated early, the new vessels are weak and can cause abnormal attachments or large areas of blood between the retina and the jelly of the eye (vitreous) which eventually lead to retinal detachment



examples of neovascularization on the optic nerve and retina



vitreous hemorrhage



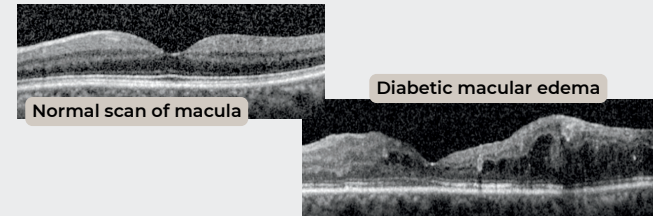
tractional retinal detachment

## MAULAR EDEMA

Diabetes can cause swelling (edema) in many places, including the eye

When fluid collects in an area known as the macula, it can affect central vision and lead to retinal damage and scarring

It is important to call an eye doctor if a change in vision is noticed, especially if it is getting worse over time



## PREVENTION AND TREATMENT

Regular visits with a primary care doctor and sometimes endocrinologist to maintain good control of blood sugar

Retina specialists use injected medication to treat edema and neovascularization

Surgery is needed to treat complications of proliferative diabetic retinopathy

Yearly diabetic eye exams are the best way to catch diabetic eye changes early