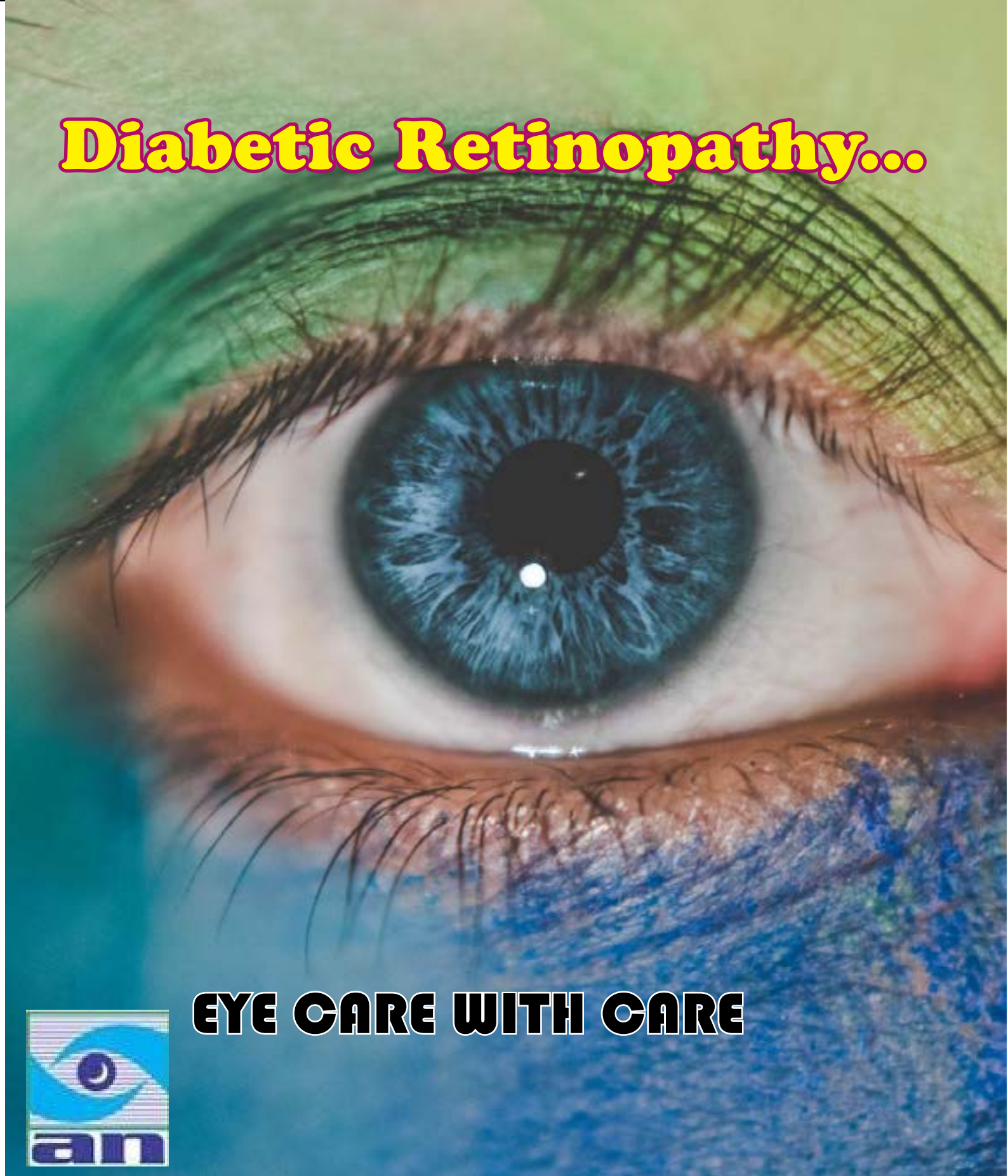


Nethra Arogyam

Issue 1 | November 2022

Diabetic Retinopathy...



EYE CARE WITH CARE



Diabetic Retinopathy...



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Diabetic retinopathy is triggered by high blood sugar for diabetics. In the long run, high blood sugar can block little blood vessels that go to retina. These block may lead to leaking of fluid or bleeding of blood vessels.

World Diabetes Day, November 14

Diabetes does not allow the body to produce or properly use insulin - a hormone that is required to convert sugar, starches and other food into energy required for daily life. Diabetes affects the blood vessels present all over the body including eyes and causes complications. Retina is the innermost layer in the eye consisting of photosensitive cells (Rods and Cones) to receive light and transform the stimulus into image

forming signals. These signals are passed to brain through optic nerve which enables us to see.

Factors affecting the retina

- Diabetes (Increased sugar level in the blood)
- Hypertension (increased pressure in the blood)
- Trauma

Multi Speciality Eye Hospital
Eye Care with Care

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FACILITIES AVAILABLE

- Cataract Services
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- Diabetic Eye care Services
- Paediatric Services
- Glaucoma Services
- Orbit, Oculoplasty & Neurophthalmology
- Community Services
- Facial Aesthetics

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- Hereditary Disease - Retinitis Pigmentosa
- Congenital disease due to Rubella, Herpes Virus, CMV
- Retinopathy of Pre - maturity (ROP)

Diabetes and vision damage

Diabetes damages the vision in many ways like:

- Leakage of blood into vitreous chamber
- Blockade in blood vessels
- Abnormal growth of new blood capillaries in the retina (neovascularization)
- Formation of cataract at very early age
- Raised Intra ocular pressure

Symptoms of Diabetic Retinopathy

- Blurred vision
- Poor night vision
- Flashes and Floaters (spots floating in visual field)
- Sudden vision loss
- Difficulty in adjusting to bright and dim light

Diagnostic procedures for Diabetic Retinopathy

- **Indirect Ophthalmoscopy:** Examination of fine variations in the fundus (Retina) colour and peripheral areas of the retina.
- **Fundus Fluorescence Angiography (FFA):** FFA indicates the areas with inadequate blood supply and leakage of blood vessels in the retina. Results help in assessing the damage in retina.
- **Optical Coherence Tomography (OCT):**

Cross sectional image of ocular tissues provides details about retina and macula status. The details are also used to study and monitor disease progression.

Treatment of Diabetic Retinopathy

There are two types of treatment options available for Diabetic Retinopathy.

- Medical Treatment
- Surgical Treatment

Eye care tips for a Diabetic Retinopathy

- Proper control of the Blood Sugar, Blood Pressure & Cholesterol.
- Regular consultation with family Physician and intake of prescribed medications.
- Follow advised diet & exercise regularly.
- Avoid smoking and alcohol consumption.
- Eye check-up with an ophthalmologist once in every six months is a must.

Facts about diabetes

- People over 40 years are at risk for diabetes.
- Scientists believe that life style changes can help to prevent or delay the onset of diabetes.
- Healthy meal plan, weight control and physical activity are important steps to prevent the onset of Diabetes.
- Being very thirsty, frequent urination, weight loss, irritability etc are some of the symptoms of diabetes.

Diabetic Retinopathy





ABHISHEK NETHRADHAMA is an ISO 9001:2015 Certified speciality eye hospitals are committed to be the most patient friendly, well equipped eye hospital attended by experienced team of doctor to give the best services in eye care guided by sound ethical values.

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