

Diabetic Retinopathy Eye Health Guide



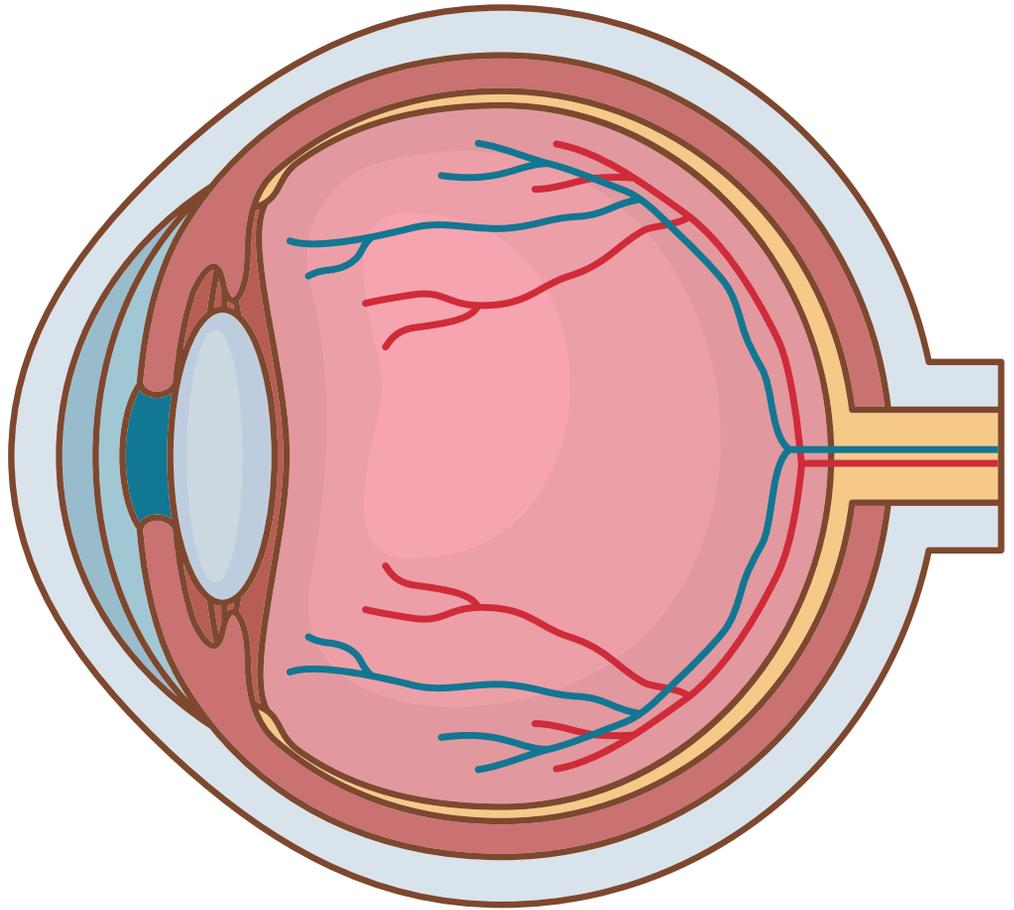
The tiny blood vessels in the eye deliver needed oxygen and nutrients to the retina, a thin layer of tissue lining the back of the eye allowing you to see.

It's important to note any changes in vision and share this information with your diabetes care team.

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Over time, elevated blood glucose, blood pressure, and LDL cholesterol can cause damage* to the tiny blood vessels in your eyes. Some of the tiny blood vessels of the eye begin to swell and leak.

*Over time, With timely treatment and appropriate care, you can reduce your risk of complications from diabetes.

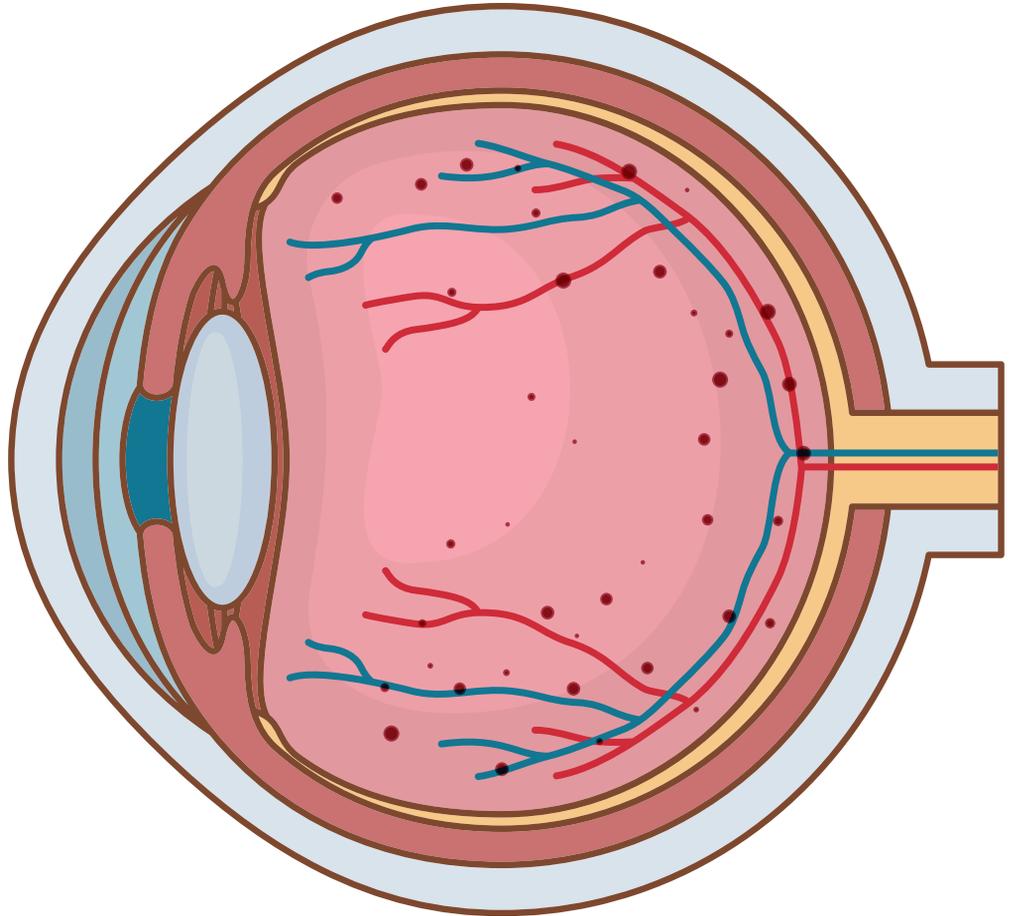
Take Action

These injuries can happen without you noticing any changes in your vision. That is why it is important to have your eyes examined once a year.

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STAGE 1: Mild Diabetic Retinopathy

More blood vessels swell and leak. Blood flow to the retina slows and the retina doesn't get enough oxygen and nutrients.

Take Action

These changes* often occur without any noticeable vision loss. An annual dilated eye exam offers a simple way to help detect potential problems early.

***All stages of diabetic retinopathy can be asymptomatic, even in end stage disease. Vision can vary as blood glucose changes. Diabetic macular edema is another concern that will blur your central vision.**

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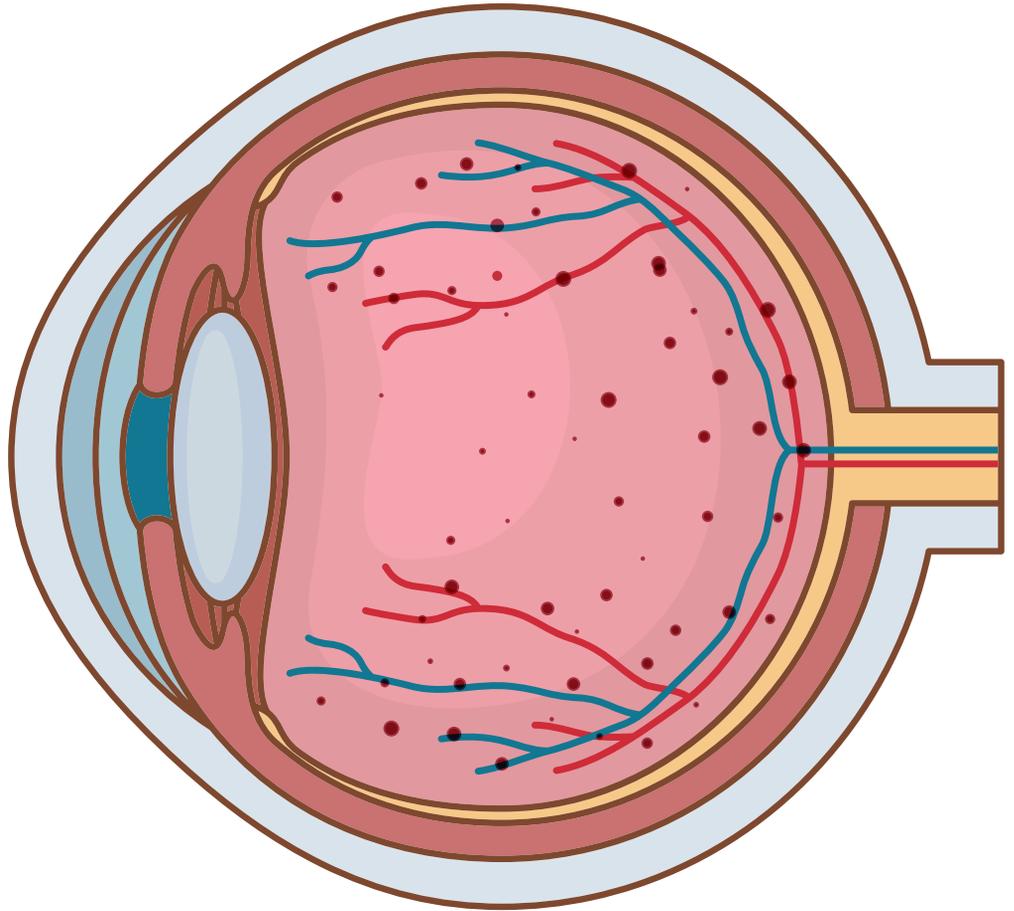
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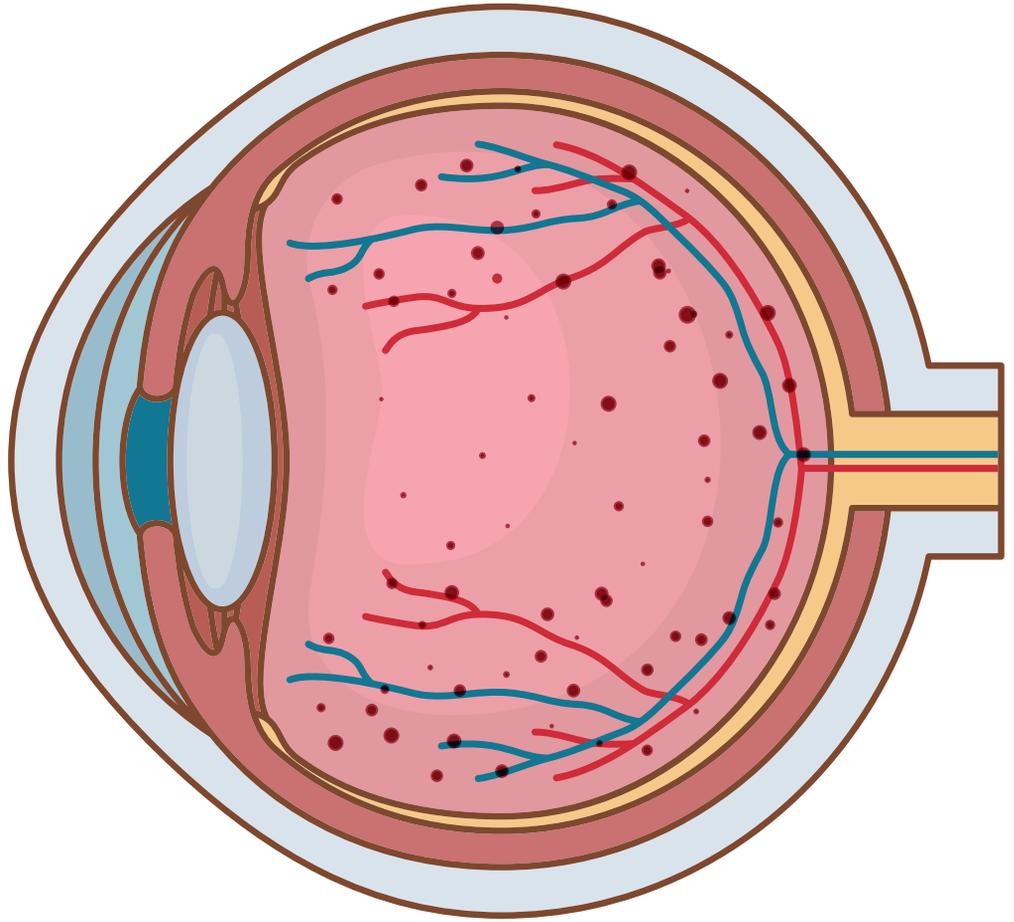


Some small blood vessels are blocked and part of the retina cannot receive proper oxygen and nutrients. If your eyes have signs of injury, take action to stop and possibly reverse the process. There are specialized treatments to help your eyes recover.

Take Action

Working with your diabetes care team to get your blood glucose in range can have a big impact on the health of your eyes and the rest of your body.

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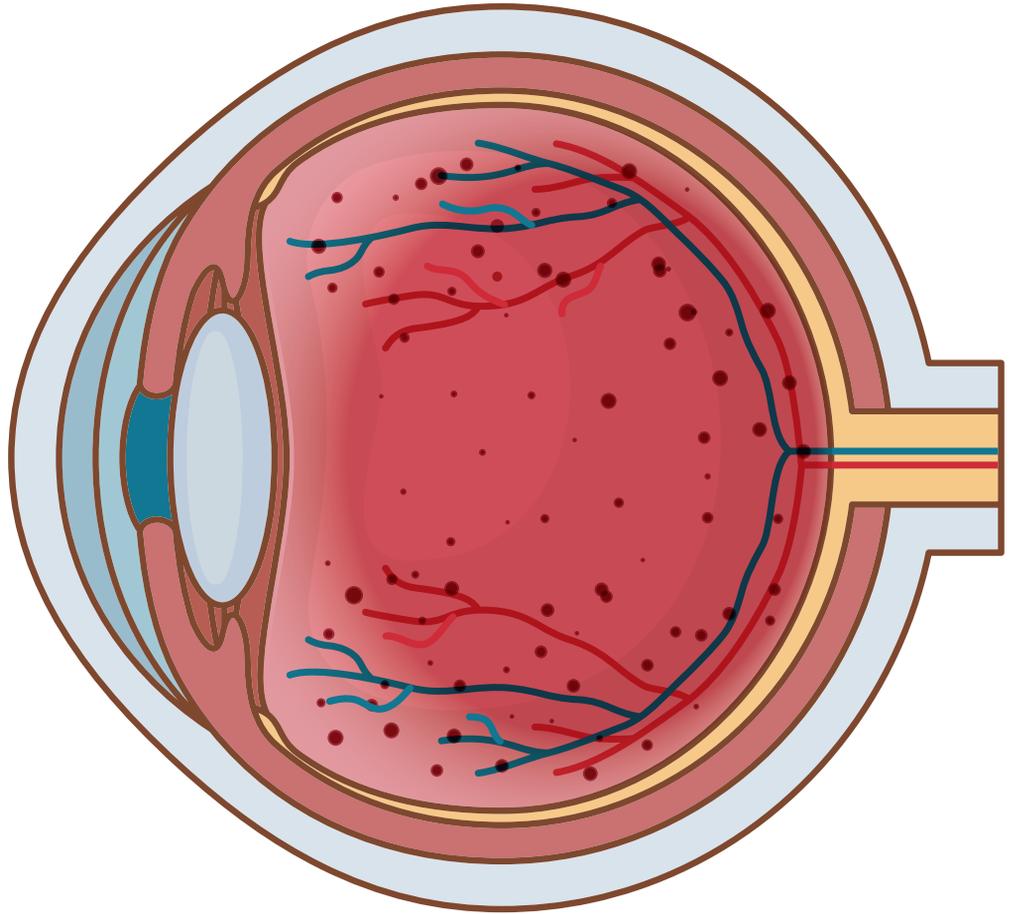


As your eye tries to grow new blood vessels, they do not properly develop and as a result, may swell and leak fluid. Seeing through the thick blood is very challenging. Treatment with a laser or injections to stop this process is often necessary to prevent vision loss.

Take Action

- Schedule your annual comprehensive and dilated eye exam.
- If you have diabetes-related changes to your eyes, there are steps you can take to slow progression, reverse damage, and heal and protect your vision.
- Help your eyes heal and stay healthy by working with your health care team to understand the symptoms of diabetes-related eye disease.

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**This publication was supported by
an unrestricted educational grant
from VSP® Vision Care and Regeneron.**

**To learn more about Focus on Diabetes, visit
🖱️ diabetes.org/eyehealth**