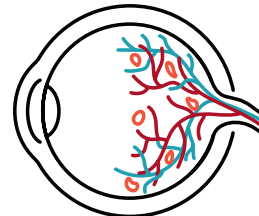


# Diabetes-Related Retinopathy

## WHAT IS DIABETES-RELATED RETINOPATHY?

Retinopathy is an eye condition the **affects tiny blood vessels in the retina of your eye** that can cause vision loss and blindness in people with diabetes.

*The retina tissue is the light-sensitive part of the eye that sends images to the brain, allowing us to see.*



## WHAT CAUSES IT?

Over time, **high blood glucose** (blood sugar) levels damage the small blood vessels in the retina. Other factors, like **smoking cigarettes, high blood pressure, and high cholesterol**, can increase this damage.

## TWO MAJOR STAGES

- Non-proliferative retinopathy
- Proliferative retinopathy

## SYMPTOMS

There aren't usually symptoms in the early stages of retinopathy, which is why it's so important to schedule a yearly eye exam.

**Common symptoms include:**



Blurred or distorted vision



Impaired colors



Seeing dark spots or "floaters"



Vision loss starting from the side

## PREVENTION AND TREATMENTS

Work with your health care team to meet your health goals, including your blood glucose, (A1C) and blood pressure targets to help prevent or delay damage to the blood vessels in your eyes. **Reaching your health targets will help prevent or delay damage to the blood vessels in your eyes.**

Treatments include:



**Injectable  
medications**



**Laser  
therapy**



**Surgery  
(Vitrectomy)**

The good news is **retinopathy is usually very treatable**, especially if detected early. Annual dilated eye exams or retinal photography can help your eye doctor identify signs of retinopathy or other eye problems. For more information **scan the QR code** or visit **[diabetes.org/eyehealth](https://diabetes.org/eyehealth)**.

