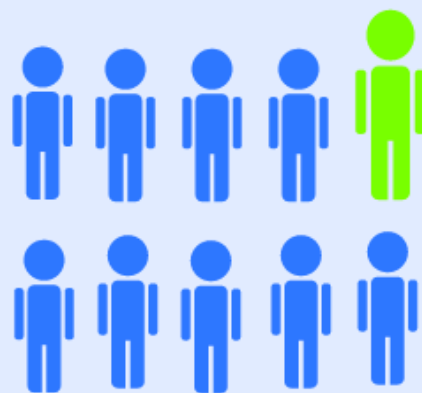


DIABETIC RETINOPATHY

Information for Patients

DIABETES IN THE U.S.

- More than 34 million people in the United States are living with diabetes, about every **1 in 10** Americans¹
- About 1.5 million Americans are diagnosed with diabetes each year, and this number continues to grow alongside the obesity epidemic

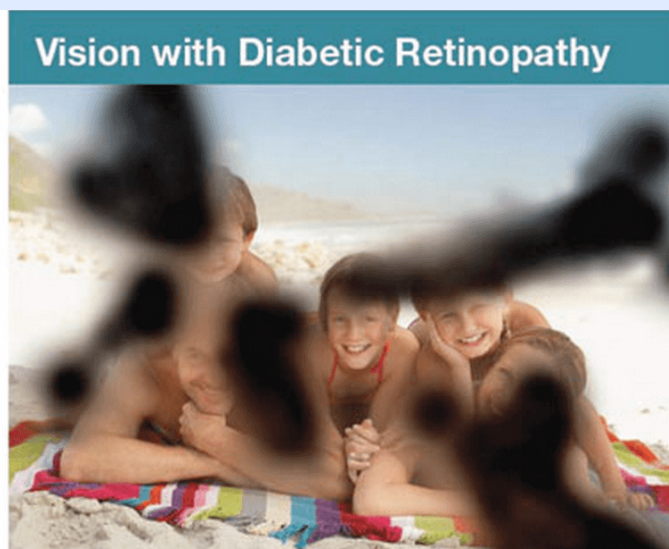


WHAT IS DIABETIC RETINOPATHY?

- Diabetic retinopathy is a leading cause of vision loss and blindness in adults ages 20-65
- Diabetic retinopathy is a complication of diabetes that occurs when high blood sugars damage blood vessels supplying the eye, and can cause poor vision
- The risk of developing diabetic retinopathy is 50%-60% in patients with Type 2 diabetes, and up to 90% in patients with Type 1 diabetes
- Diabetic retinopathy can be divided into early stages of disease (**nonproliferative diabetic retinopathy**) and advanced stages of disease (**proliferative diabetic retinopathy**)

SYMPTOMS OF DIABETIC RETINOPATHY

- Most people with early stages of diabetic retinopathy experience **NO** symptoms or changes in vision
- Symptoms of more advanced stages of disease include:
 - Blurriness
 - Dark spots in vision (floaters)
 - Loss of color vision
 - Loss of vision



5. Spectrum EyeCare. <https://spectrumeyecareofop.com/blog/81219-how-do-you-see-when-you-have-advanced-diabetic-retinopathy>

SCREENING & DIAGNOSIS

- It is recommended that all patients with diabetes should receive **dilated eye exams each year**, to screen for diabetic retinopathy and to check your eye health
 - Those with Type 2 diabetes should have their first dilated eye exam when they are diagnosed
 - Those with Type 1 diabetes should have their first dilated eye exam within 3-5 years of diagnosis
- Early detection through eye exams is important since diabetic retinopathy is often asymptomatic - however, **only 50%** of patients get yearly exams

TREATMENT OPTIONS

- While there is no cure for diabetic retinopathy, there are treatments to help prevent vision loss.
- The eye doctor will assess each patient to decide which option is best
- Treatment options include:
 - **Observation:** usually for patients with early disease. The doctor may recommend more frequent eye exam visits (every 2-6 months).
 - **Injections:** medicine can be delivered into the eye through injections that slow down disease
 - **Laser therapy:** lasers can shrink diseased blood vessels that worsen vision
 - **Vitrectomy:** surgery can be done in the eye to clear blood or scar tissue caused by diabetic retinopathy

DIABETIC RETINOPATHY PREVENTION

Annual dilated
eye exams



Keeping blood sugar, blood pressure,
and cholesterol under good control
(medications and a healthy diet)



Quitting
smoking



Regular follow-up with
providers managing your
diabetes



Exercise



ONLINE RESOURCES TO LEARN MORE

- <https://my.clevelandclinic.org/health/diseases/8591-diabetic-retinopathy>.
- <https://www.diabetes.org/diabetes/complications/eye-complications>
- <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/diabetic-retinopathy?sso=y>.
- <https://www.noweyesee.com/>

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2. Centers for Disease Prevention and Control. https://www.cdc.gov/diabetes/statistics/slides/maps_diabetesobesity_trends.pdf
3. Klein R, Klein BE, Moss SE, Davis MD, DeMets DL. The Wisconsin Epidemiologic Study of Diabetic Retinopathy. X. Four-year incidence and progression of diabetic retinopathy when age at diagnosis is 30 years or more. Arch Ophthalmol. 1989 Feb;107(2):244-9.
4. Klein R, Klein BE, Moss SE, Davis MD, DeMets DL. The Wisconsin Epidemiologic Study of Diabetic Retinopathy. IX. Four-year incidence and progression of diabetic retinopathy when age at diagnosis is less than 30 years. Arch Ophthalmol. 1989 Feb;107(2):237-43.
5. Spectrum Eyecare. <https://spectrumeyecareofop.com/blog/81219-how-do-you-see-when-you-have-advanced-diabetic-retinopathy>
6. Sharon D. Solomon, Emily Chew, Elia J. Duh, Lucia Sobrin, Jennifer K. Sun, Brian L. VanderBeek, Charles C. Wykoff, Thomas W. Gardner; Diabetic Retinopathy: A Position Statement by the American Diabetes Association. Diabetes Care 1 March 2017; 40 (3): 412-418.