

DIABETIC RETINOPATHY



Diabetic retinopathy

Diabetic retinopathy is a condition that occurs in people who have diabetes. It causes progressive damage to the retina, the light-sensitive lining at the back of the eye. Diabetic retinopathy is a serious sight-threatening complication of diabetes.

With time, diabetes damages the blood vessels in the retina. Diabetic retinopathy occurs when these tiny blood vessels leak blood and other fluids. This causes the retinal tissue to swell, resulting in cloudy or blurred vision. The condition usually affects both eyes. The longer a person has diabetes, the more likely they will develop diabetic retinopathy. If left untreated, diabetic retinopathy can cause blindness.

Symptoms of diabetic retinopathy include:

- Blurred vision
- Having a dark or empty spot in the center of your vision
- Difficulty seeing well at night
- Sudden appearance of floaters and loss of vision

People with diabetes for a long period will develop a condition called Diabetic Retinopathy. In this condition small capillary blood vessels in retina will leak blood and fat in to retina. This will cause blurring of vision.

Abnormal blood vessel growth in the retina can cause sudden hemorrhage inside the eye and sudden loss of vision. Same time, patients with diabetes can develop cataract early in life.

Identifying the eye complications in early stage and proper treatments will help to reduce the damages arising in the eye.

How do you prevent or slow the development of diabetic retinopathy:

- Taking your prescribed medication
- Control diet with medical advice
- Exercising regularly
- Controlling high blood pressure
- Avoiding alcohol and smoking



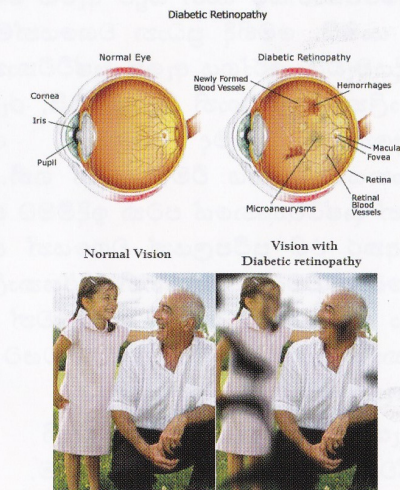
**Routine (Once a year) Eye checkup
will help to identify
Diabetic Retinopathy early.**

Treatments:

Once the condition has set in, laser treatment is the mainstay in management of diabetic retinal diseases. In advanced diabetic retinal disease with vitreous hemorrhages and retinal detachment, surgery (Vitreotomy) is required with endolaser photocoagulation. This surgery is usually done by an experienced vitreo retinal surgeon.

Further anti-angiogenesis drugs such as Avastin or Lucentis injections can reduce abnormal blood vessel growth in the retina.

Diabetic retinopathy can be controlled by laser therapy and injections. But the disease will not be completely cured through laser treatments and injections. Therefore the patients with Diabetic Retinopathy need to take continuous treatment during their life time. May need treatments depending on the control and progress of the disease during patients' life time.



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