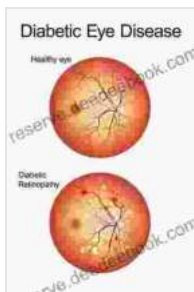


Understanding Diabetic Retinopathy: Prevention, Treatment, and Management

What is Diabetic Retinopathy?

Diabetic retinopathy is a condition that affects the blood vessels in the retina, the light-sensitive tissue at the back of the eye. It is a leading cause of blindness in people with diabetes, and it can affect both type 1 and type 2 diabetes.



Diabetic Retinopathy (Contemporary Diabetes)

by David Walters

★★★★☆ 4 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 43 pages
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Diabetic retinopathy occurs when high blood sugar levels damage the blood vessels in the retina. This can lead to the formation of new, abnormal blood vessels that can leak fluid and blood into the retina. The leakage of fluid and blood can cause swelling and damage to the retina, which can lead to vision loss.

Symptoms of Diabetic Retinopathy

In the early stages, diabetic retinopathy often does not cause any symptoms. However, as the condition progresses, you may experience the following symptoms:

- Blurred vision
- Floaters (dark spots or lines in your vision)
- Flashes of light
- Double vision
- Loss of central vision
- Loss of peripheral vision

Causes of Diabetic Retinopathy

The main cause of diabetic retinopathy is high blood sugar levels. Over time, high blood sugar levels can damage the blood vessels in the retina. Other risk factors for diabetic retinopathy include:

- Duration of diabetes
- Poor blood sugar control
- High blood pressure
- High cholesterol
- Pregnancy
- Smoking
- Obesity

Treatment for Diabetic Retinopathy

There is no cure for diabetic retinopathy, but treatment can help to slow the progression of the disease and prevent vision loss. Treatment options for diabetic retinopathy include:

- Laser surgery
- Anti-VEGF injections
- Vitrectomy surgery

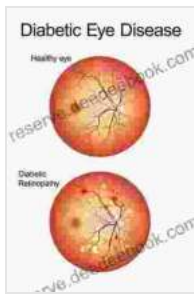
The type of treatment that is best for you will depend on the severity of your diabetic retinopathy.

Preventing Diabetic Retinopathy

The best way to prevent diabetic retinopathy is to keep your blood sugar levels under control. Other ways to prevent diabetic retinopathy include:

- Getting regular eye exams
- Managing your blood pressure and cholesterol
- Quitting smoking
- Losing weight if you are overweight or obese
- Eating a healthy diet
- Getting regular exercise

Diabetic retinopathy is a serious eye disease that can lead to vision loss. However, with early diagnosis and treatment, you can help to slow the progression of the disease and prevent vision loss. If you have diabetes, it is important to get regular eye exams to check for diabetic retinopathy.



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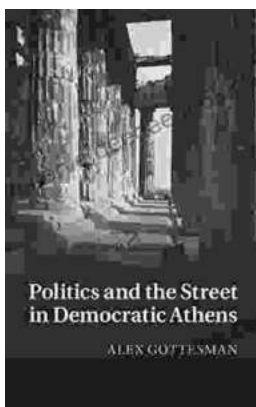
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