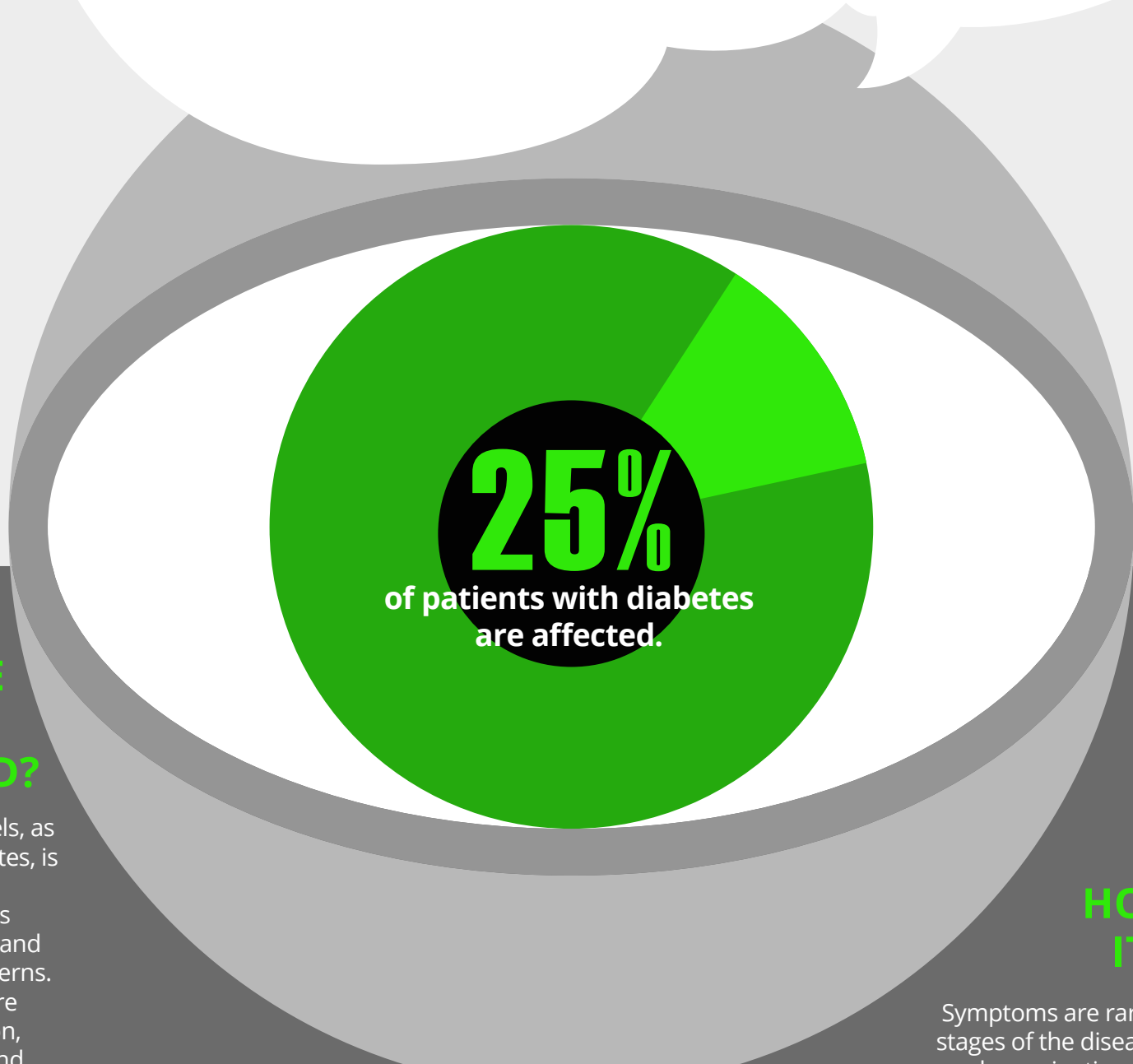


Ocular alterations

DIABETIC RETINOPATHY

This complication affects your eyes. It's caused by damage to blood vessels of the light-sensitive tissue layer that lines the back of your eye (retina).

At first, diabetic retinopathy may cause no symptoms or only mild visual problems. Eventually, it may cause blindness.

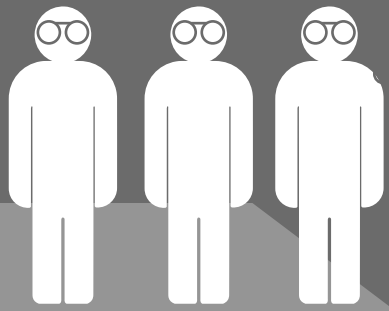


WHY ARE EYES AFFECTED?

High glucose levels, as it occurs in diabetes, is a factor of eye damage. Diabetes alters circulation and oxygenation patterns. Structures that are essential for vision, such as retinas and optic nerves, may be damaged and destroyed by glucose excess.

SITUATIONS THAT MAY LEAD TO THIS DISEASE

- Chronic diabetes and progression of uncontrolled diabetes.
- Uncontrolled arterial hypertension.
- Smoking.
- Alcohol consumption.
- Pregnancy.
- High cholesterol and triglycerides levels.
- Kidney alterations.



HOW DOES IT SHOW?

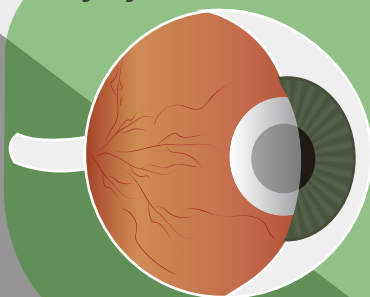
Symptoms are rarely seen in early stages of the disease, which is why annual examinations are very important. Once there are manifestations, you will:

- Experience blurry vision.
- See spots and shadows your field of vision.
- See shadows or missing areas of vision.
- Experience blindness.

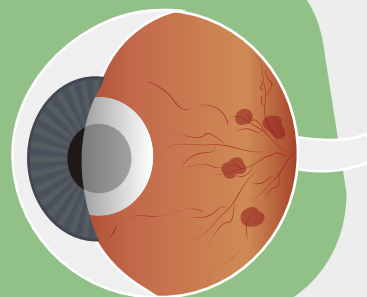
PREVENTION

- Keep control of blood glucose levels.
- Keep arterial pressure, cholesterol and triglycerides at normal values.
- If you're pregnant, take the indicated eye tests.
- Get an ophthalmological check at least once a year.
- Avoid alcohol consumption.
- Avoid smoking.

Healthy eye



Diabetic retinopathy eye



TREATMENT

- Patient education.
- Laser photocoagulation.
- Anti VEGF injection.
- Steroids injection.
- Vitreoretinal surgery.

Contact our Diabetic program:
331 9090 ext. 7401