

# Diabetic retinopathy



## What is diabetic retinopathy?

Diabetic retinopathy occurs when the tiny blood vessels inside the retina at the back of the eye are damaged as a result of diabetes. This can seriously affect vision and in some cases cause blindness.

Blurred or distorted vision that makes it difficult to read standard print, watch television or see people's faces.

Increased sensitivity to glare and difficulty seeing at night.

## Who is at risk?

People who have diabetes are at risk especially if they have:

- High blood-sugar levels or poorly managed diabetes
- High blood pressure, particularly if they also have kidney disease
- A long history of diabetes

## Can it be treated?

Laser and other surgical procedures can slow the progression of the disease and decrease the risk of vision loss.

## How can people with diabetes reduce the risk of vision loss from diabetic retinopathy?

- See an eyecare professional regularly
- Take prescribed medicines as instructed
- Control blood-sugar levels and follow a healthy diet

### About Vision Australia

Vision Australia provides support and services to people of all ages who are blind or have vision loss which cannot be corrected by glasses or cured. We provide everything from magnifiers and audio books to in-home orientation services, seeing eye dogs and more.

### Contact Vision Australia

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