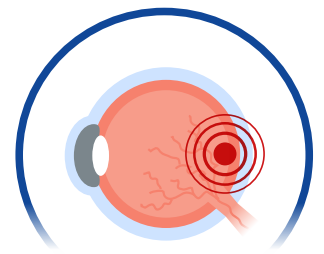


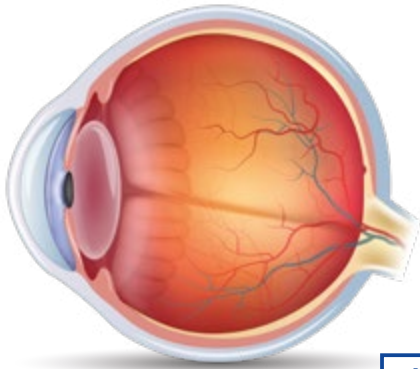
WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy, also known as diabetic eye disease, is a medical condition in which damage occurs to the retina. The retina is the inner part of the eye, where the vision process occurs. The longer a person has diabetes, the higher his or her chances of developing diabetic retinopathy. It is important to know that diabetic retinopathy often has no early warning signs and only fundus photography can detect it.

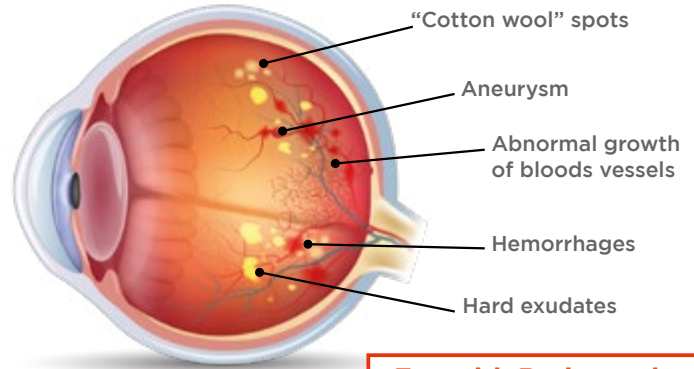


VISUAL DEFECT

PATHOLOGY



Normal Eye



Eye with Retinopathy

“Cotton wool” spots

Aneurysm

Abnormal growth of blood vessels

Hemorrhages

Hard exudates

▶ DIABETIC RETINOPATHY HAS TWO STAGES:

1. The first stage is called non-proliferative diabetic retinopathy (NPDR). NPDR can have different stages which can be mild, intermediate or severe. NPDR has no symptoms, patients may not notice the signs and have normal vision.
2. The second stage is called proliferative diabetic retinopathy (PDR). In a PDR abnormal stage, new blood vessels form at the back of the eye which can bleed and blur vision as shown below. The first time this bleeding occurs, it may not be severe. In most cases, it will leave just a few specks of blood though the spots often go away after a few hours.



NORMAL VISION



DIABETIC RETINOPATHY VISION

▶ DIABETIC RETINOPATHY PREVALENCE

Adults > 18 years

- With diabetes and diabetic retinopathy
- With diabetes



35%

of diabetic adults suffer from rethinopathy

▶ HOW TO KEEP YOUR EYES HEALTHY?

- Eat healthy food.
- Get regular physical exercise.
- Respect specific rules if you use digital devices.
- Wear UV protective glasses.
- Have your eyes checked.

ASK YOUR EYE CARE PROFESSIONAL !

Warning: If your screening reveals a high suspicion of a disease, please consult your eye doctor. This exam is an assesment.