

## Early Signs of Diabetic Eye Disease

**Diabetic retinopathy (DR)** is the leading cause of blindness in American adults. Long-term elevated blood sugar levels cause damage to the blood vessels in the eye, leading to bleeding, abnormal fluid, scarring and detachment of the retina.<sup>1</sup>

Proper chronic disease maintenance care for people with diabetes, regular eye screenings, and being aware of early warning signs of diabetic eye disease can help prevent diabetes-related loss of vision and reduce both diabetes and vision healthcare costs.

Millions of Americans are at risk from diabetic eye disease



**About 2 out of 5 people**

with diabetes end up with diabetic retinopathy.<sup>2</sup>

An estimated **6.1 million American adults** have been diagnosed with DR.<sup>2</sup>



**1.4 million Americans**

have vision-threatening diabetic retinopathy (VTDR).<sup>2</sup>



### Early signs of diabetic retinopathy

**In its earliest stages, DR may not cause symptoms but can still be recognized during a comprehensive eye exam. As the disease progresses, victims may notice<sup>3</sup>:**

**Loss of peripheral vision.**

**Dark spots in vision.**

**Blurred vision.**

**Floaters (white spots that come and go).**

**Knowing the warning signs isn't enough to protect people with diabetes from the dangers of eye disease. Regular vision screening and eye exams are the best way to spot diabetic retinopathy before irreversible damage is done.**

Versant Health is dedicated to improving vision for Americans by providing increased access to vision care and education around health conditions that impact eyesight.

**To learn more about Versant Health's offerings, visit [versanthealth.com](https://versanthealth.com).**



1) [https://www.cdc.gov/visionhealth/basics/ced/index.html#:~:text=Diabetic%20retinopathy%20\(DR\)%20is%20a,is%20necessary%20for%20good%20vision](https://www.cdc.gov/visionhealth/basics/ced/index.html#:~:text=Diabetic%20retinopathy%20(DR)%20is%20a,is%20necessary%20for%20good%20vision)

2) [https://jamanetwork.com/journals/jamaophthalmology/fullarticle/416212#:~:text=Applying%20age%2D%2C%20gender%2D%2C.%25%20\(6.1million%20persons\)%20and](https://jamanetwork.com/journals/jamaophthalmology/fullarticle/416212#:~:text=Applying%20age%2D%2C%20gender%2D%2C.%25%20(6.1million%20persons)%20and)

3) <https://utswmed.org/medblog/diabetic-eye-disease-how-spot-signs-early/>