

## Early Signs of Diabetic Retinopathy

**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 may 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<sup>1</sup>



**50% of people**

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

An estimated **8 million American adults** have been diagnosed with DR.<sup>2</sup>



**Nearly 1 million Americans**

have vision-threatening diabetic retinopathy (VTDR).<sup>1</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).**

**Regular vision screenings and eye exams can potentially spot diabetic retinopathy before irreversible damage is done.<sup>2</sup>**

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

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



1. Centers for Disease Control and Prevention. (Dec. 19, 2022). Common Eye Disorders and Diseases. Retrieved from <https://bit.ly/3LVG0gb>

2. Medical News Today. (Apr. 25, 2023). Diabetic retinopathy: Prevalence and prevention. <https://bit.ly/41lh9Hj>

3. Mayo Clinic. (Feb. 21, 2023). Diabetic retinopathy - Symptoms and causes. <https://bit.ly/3HF6wry>