

## Diabetic Eye Disease

Diabetic retinopathy is the leading cause of blindness in working-age adults. It is caused by high blood sugar due to diabetes. Anyone with diabetes is at risk for developing diabetic retinopathy.



Pregnant women with diabetes are at a higher risk of developing diabetic retinopathy.



Diabetes increases a person's risk of developing other eye conditions.



People with diabetes are 2 to 5 times more likely to develop cataracts.



Having diabetes nearly doubles your risk of developing open-angle glaucoma.



Controlling your diabetes lowers your risk of developing diabetic retinopathy. This includes exercising, eating a healthy diet, and consistently taking your diabetes medication(s).

Get an eye exam immediately if you experience any of these symptoms, since they could indicate advanced-stage diabetic retinopathy:

- Blurry vision
- Spots or dark shapes in your vision (floaters)
- Trouble seeing colors
- Dark or empty areas in your vision
- Vision loss

In the advanced stage of diabetic retinopathy, your doctor may prescribe the following treatments:

- Anti-VEGF or corticosteroid injections
- Laser treatment
- Eye surgery



Get a comprehensive dilated eye exam at least once a year if you have diabetes. You may not have symptoms, but an eye exam can detect diabetic retinopathy and prevent further damage to your eyes.

**Get a yearly eye exam to detect diabetic eye disease.**

#### Sources

1. Last reviewed 12/19/2022. Diabetes and Vision Loss. Retrieved 07/24/2023, from Centers for Disease Control and Prevention, Diabetes Home, <https://www.cdc.gov/diabetes/managing/diabetes-vision-loss.html>
2. Last reviewed 07/08/2022. Diabetic Retinopathy. Retrieved 07/24/2023, from National Eye Institute, Learn About Eye Health, <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy>