

---

Health Awareness Series

# Diabetes Complications: Diabetic Retinopathy

---

# Today's topics

---



- What is diabetic retinopathy?
- What are the symptoms of diabetic retinopathy?
- How is diabetic retinopathy treated?
- How can you prevent diabetic retinopathy?

# Section 1

---

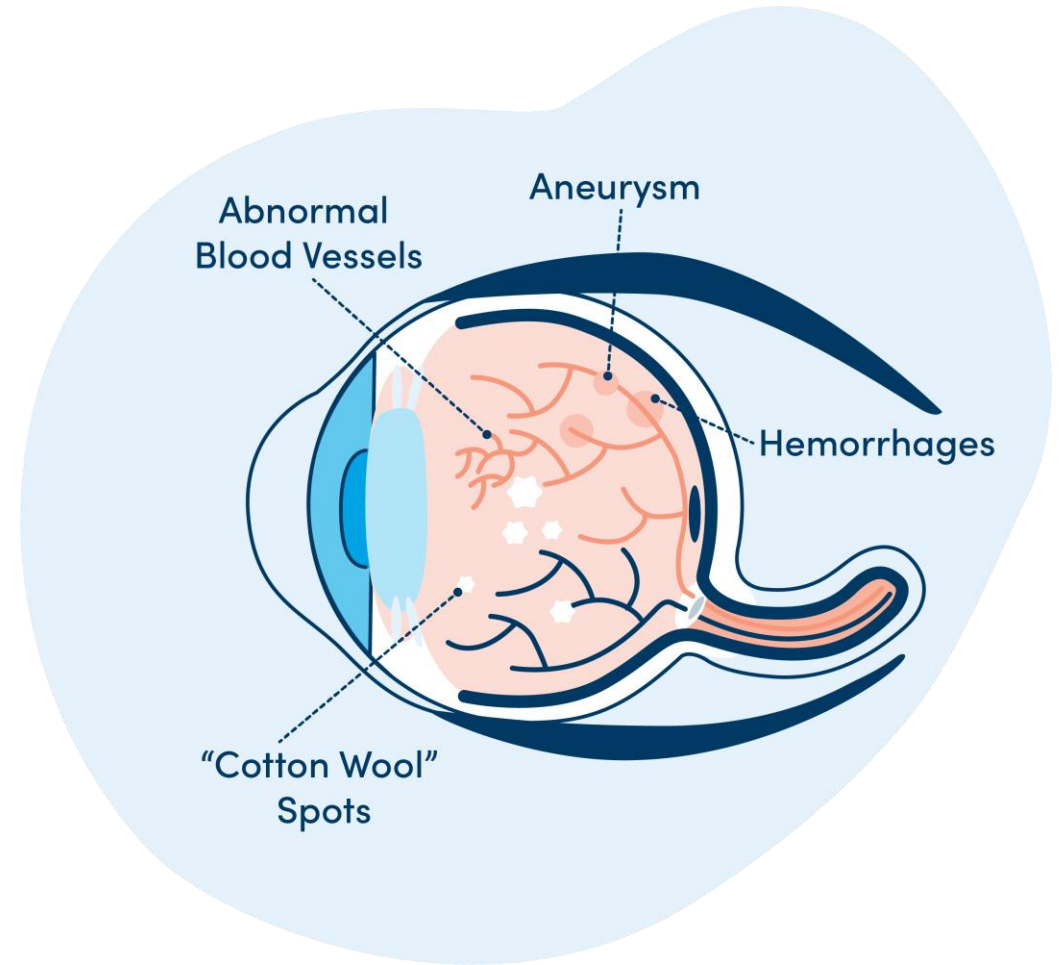
# What is diabetic retinopathy?

---

# What is diabetic retinopathy?

---

- Diabetic retinopathy (REH-tih-NOP-uh-thee) occurs when high blood glucose (sugar) levels damage the blood vessels of the light-sensitive tissue at the back of the eye (retina).
- Diabetic retinopathy is the most common and serious type of eye problem associated with diabetes.
- It is the leading cause of **preventable blindness**.



# Other eye diseases associated with diabetes

---

**In addition to diabetic retinopathy, there are other types of vision loss that people with diabetes may experience.**

- Cataracts
- Diabetic macular edema
- Glaucoma



## Section 2

---

What are symptoms of  
diabetic retinopathy?

---

# What are symptoms of diabetic retinopathy?

---

Many people do not show symptoms of diabetic retinopathy.

## Be aware of:

- Blurred vision
  - Dark or empty areas of vision
  - Distorted vision
  - Impaired colors
  - Seeing spots or floaters
  - Vision loss
-

# Section 3

---

How is diabetic  
retinopathy treated?

---



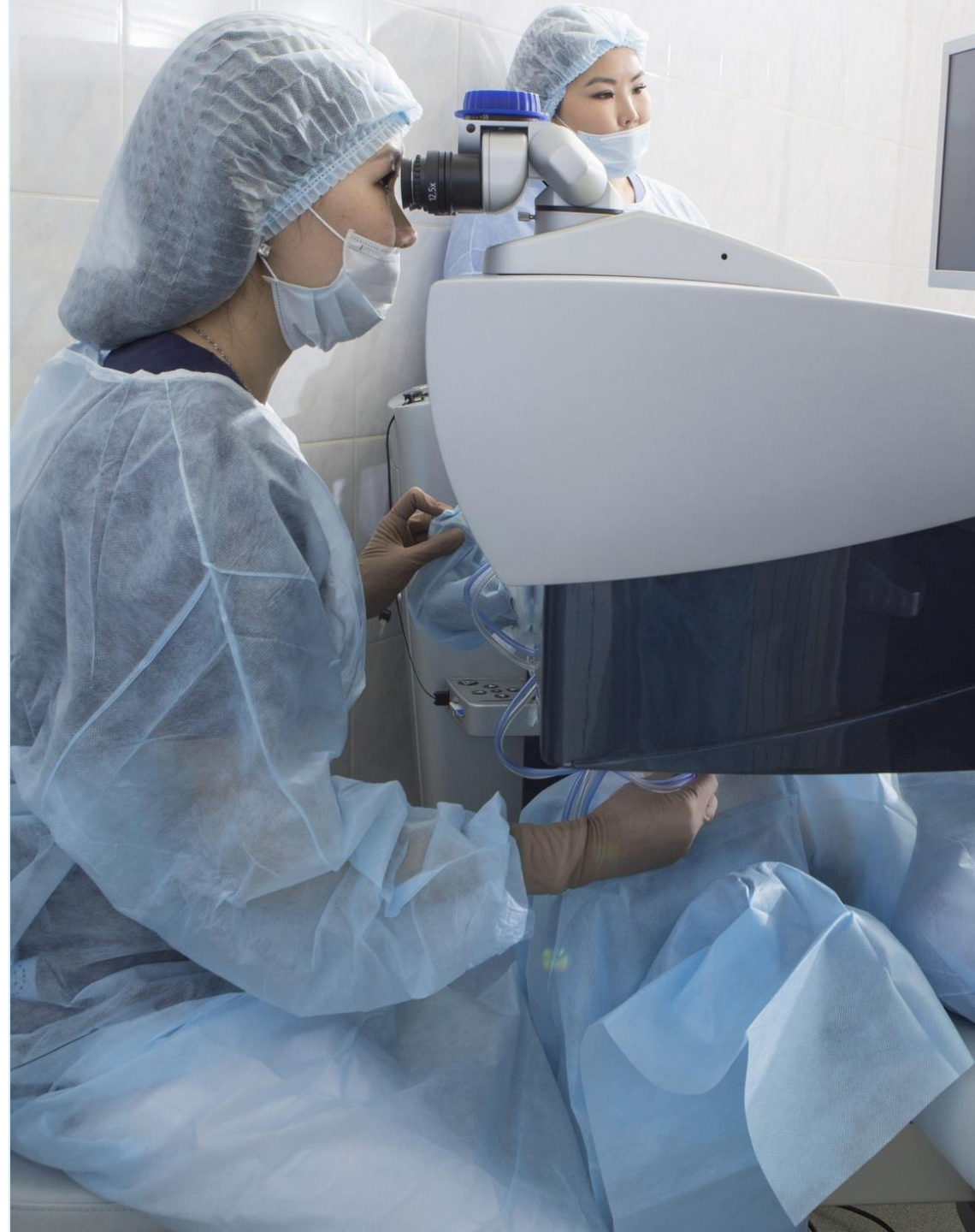
# How is diabetic retinopathy treated?

---

There are several ways to treat diabetic retinopathy.

## Treatments include:

- Injectable medications
- Laser therapy
- Vitrectomy (vi-trek-tuh-mee)



## Section 4

---

How can you prevent  
diabetic retinopathy?

---

# How can you prevent diabetic retinopathy?

---

**Some diabetic eye diseases have no signs or symptoms until they are too obvious to ignore.**



Get a dilated eye exam every year.



# You're covered.

---

**Reminder:** These vision exams are covered by your medical benefit.

Make sure to take advantage of it.



**Watch**  
more episodes at  
[hho.fyi/has](http://hho.fyi/has).

