



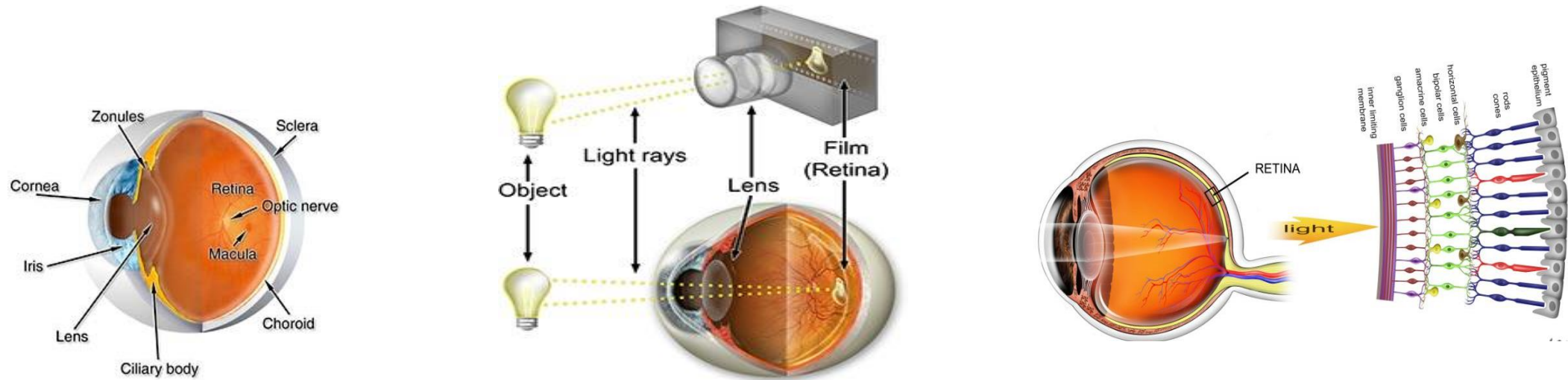
## AN AIOS – VRSI INITIATIVE



# Diabetic Retinopathy

- Diabetes mellitus is taking epidemic proportions in India
- Every fifth adult is a Diabetic !
- Every fifth diabetic has retinal involvement: Diabetic retinopathy (DR)
- Advanced DR can blind you
- If you treat DR early you can prevent blindness
- **CHECK RETINA YEARLY & SEE CLEARLY**

# Retina is like a Camera's Film



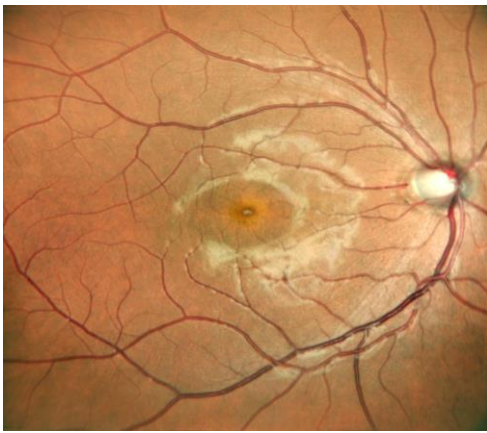
- Retina is at the back of your eye where the light focusses
- It is like the camera's film
- If the film is spoilt the photo is bad
- Similarly if retina is damaged you may not see well
- **If you keep your eye's film (RETINA) good, you will maintain good vision**

# Common Symptoms of Diabetic Retinopathy

- Blurry Vision
- Floaters in front of your Eyes
- Sudden Loss of Vision
- Fluctuating Vision
- **You may have NO symptoms : DR can be a SILENT DISEASE**

**CHECK YEARLY SEE CLEARLY**

# Diabetics Macular Edema (DME)



Normal Retina



Normal Vision



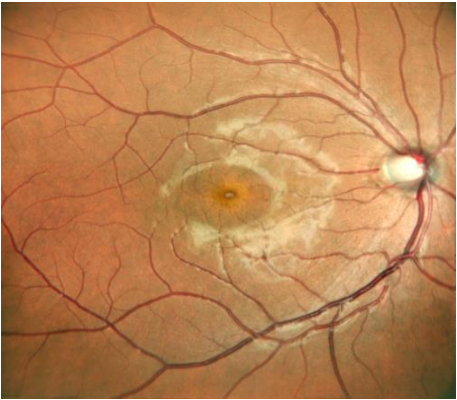
DME



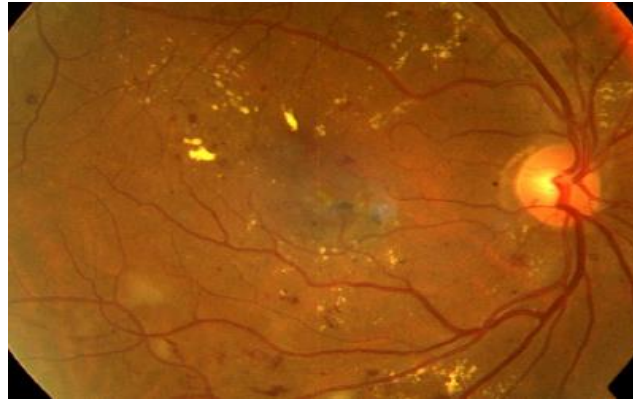
Blurred Central Vision

- Diabetics can develop swelling of Central Retina
- This can affect your central vision
- Good News: if we detect & treat early your vision can be preserved
- **Check Yearly See Clearly**

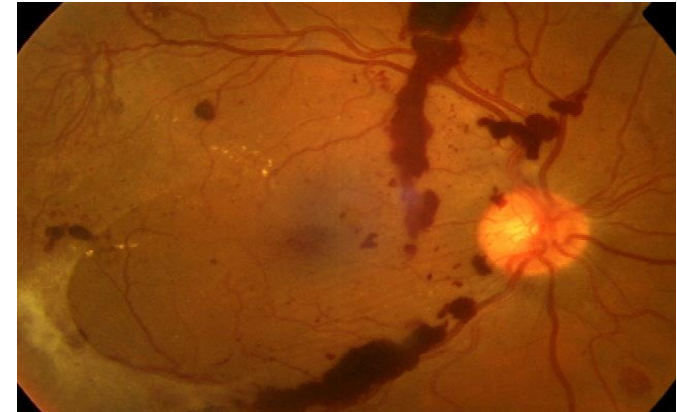
# DR can progress through various stages without Vision Loss



Normal Retina



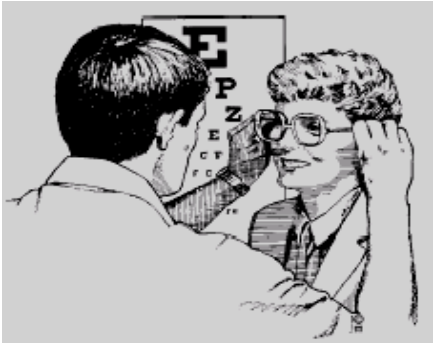
Non-Proliferative Stage (NPDR)



Proliferative Stage (PDR)

- **You can have various stages of DR without Vision Loss**
- **NPDR** (Non-Proliferative DR) & **PDR** (Proliferative DR)
- These may get detected only if retina is checked !
- If detected early we can treat and prevent complications
- **Yes together we can take care of your disease : Check Yearly See Clearly**

# Eye Examination of Diabetics Involves Specialized Tests



**Vision Check**



**Slit Lamp Exam**



**FFA**



**OCT**

- Complete Eye Exam: Slit Lamp & Retinal examination with pupil dilatation
- Fundus Fluorescein Angiography (FFA) for retinal blood circulation
- Optical Coherence Tomography (OCT) for Diabetic Macular Edema (DME)
- Your Eye Doctor needs to do these tests to assess the stage of your DR
- **CHECK YEARLY SEE CLEARLY**

## Diabetics May Develop Cataract Early

- The blurry vision of Diabetics can also be due to Cataract
- Cataract is easily treatable with Phacoemulsification with Intra Ocular Lens (IOL) to give you very good vision
- **EVERY DIABETIC MUST HAVE A COMPLETE EYE EXAM OF BOTH FRONT AND BACK OF THE EYE**

**CHECK YEARLY SEE CLEARLY**

