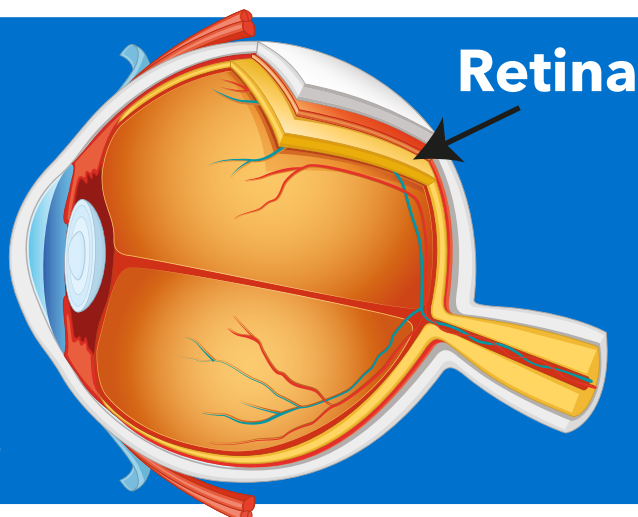


Eye Screening

Why Is It Important?

High blood glucose levels can damage the back of the eye, also known as the retina. This is called 'retinopathy'.

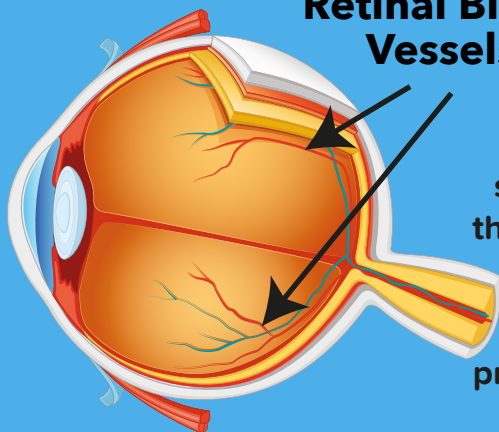
If left untreated, the damage can cause complications with your eyesight in the future and potentially lead to sight loss. However, if it is caught at an early stage, the damage can be reversed and treated.



What is Retinopathy?

Retinopathy doesn't show any symptoms in the early stages, so it could become quite advanced before it is noticed if eye checks aren't carried out.

Retinal Blood Vessels



If blood glucose levels are consistently high, they can cause damage to your blood vessels.

There are lots of blood vessels in your eyes and they help to supply blood to the retina at the back of your eye. The retina is the part where light and images hit, the part that makes you 'see'.

When these blood vessels are damaged, they stop working properly and the retina doesn't get the blood it needs to function. This then means you won't be able to see properly.

If you do begin to develop complications with your eyes, they can be treated and you can avoid long term issues as long as they are diagnosed in time.

What can you do to prevent complications with your eyes?

The effect of diabetes on the eyes is gradual, which means it is possible to do things to prevent it from happening or getting worse.

Things You Can Do To Help Prevent Complications With Your Eyes Are:

Make healthy lifestyle choices to keep blood pressure and cholesterol levels in target range, this helps the blood flow to your retina.



Tell your doctor if you notice any change in your eyesight.

Try to keep to your target blood glucose levels as much as possible.

Make sure you go to your annual eye checks