Instructions to Diabetic Patients

1. Diabetes affects eyes, brain, heart and kidneys.
2. Diabetic patients are twice as likely to develop eye problems than non-diabetic patients.
3. The most common eye complication is diabetic retinopathy, involving the blood vessels of the retina.
4. Dilated eye examination by eye doctors can detect blood vessel changes in the retina directly. It is an indicator of similar changes occurring in brain, kidneys and heart.
5. The onset of diabetic retinopathy is related to duration of diabetes.
6. Seventy to eighty percent of diabetic patients will develop diabetic retinopathy in 25 years.
7. The risk of blindness is 25 times higher in diabetic patients.
8. Diabetic retinopathy is often symptomless until deterioration of vision occurs.
10. Laser treatment will help to retain the vision at the most and will not help to regain lost vision.
11. All diabetics should have periodic eye examinations by an eye doctor, to prevent loss of vision due to diabetic retinopathy.