

**For diabetic patients**

- The possibility of getting eye problems is twice more in diabetes
- Sudden decrease in vision might occur, without any symptoms
- Changes in the retina could be identified only by an ophthalmologist
- Early detection of retinal damage is essential
- Diabetes patients should check their eyes once in six months
- Laser treatment is available at Chennai, Madurai, Trichy, Coimbatore, Tirunelveli and Theni.

***Treatment at the early stage,  
helps to preserve vision***

<Your Contact Address>  
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# Retinal Disorders

**caused by diabetes  
and its  
Prevention Methods**



<Your Hospital Name>  
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## What is diabetes?

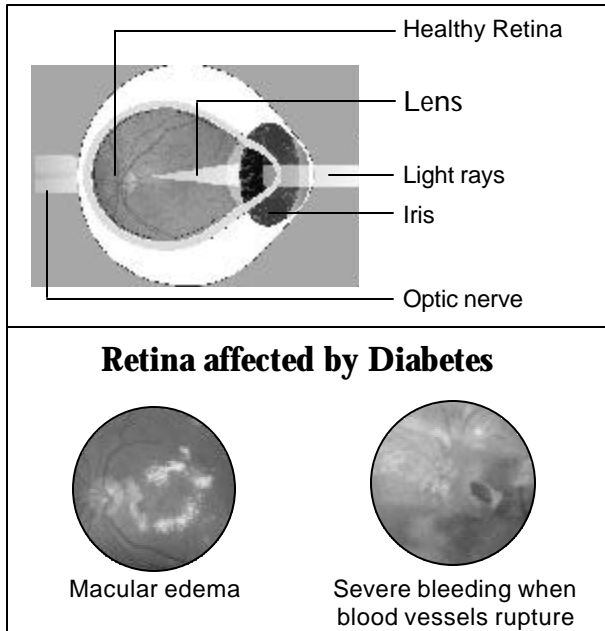
Diabetes is a lifetime disease. The stage when sugar level in our body becomes uncontrol-able, due to decrease in the secretion of insulin is called Diabetes. 4 or 5 of 100 people are affected by diabetes.

## Causes for diabetes

- Hereditary
- Pancreas disorder
- Irregular diet
- Idleness
- Overweight

## Symptoms of the disease

- Appetite
- Thirst
- Frequent urination
- Loss of weight
- Tiredness, nausea
- Decrease of vision
- Non-healing wounds



## Preventive methods

- Appropriate treatment
- Proper diet
- Proper exercise

## How does diabetes affect the retina?

If we compare the eye to a camera, then we could take the retina as the film inside it. The film should be good enough for the image to be perfect. Likewise only if the retina is good, the image that falls on it will be proper.

Diabetes damages the blood veins in the retina. Loss of vision due to diabetes could occur to anyone. But its difficult to conclude on the damage caused to the retina.

## Who could get retinal damage?

- Those affected by diabetes for 5 to 10 years
- Diabetic patients of 50 years of age
- Diabetics who are dependent on insulin
- Diabetics with blood pressure, drinking and smoking habits

## Can we prevent loss of vision due to diabetes?

- Definitely. Regular check up with the eye doctor, early detection of the disease and appropriate diagnosis helps protect the present vision
- Regaining the lost vision is not possible
- If the retina is affected, regular check ups according to the doctor's advice and taking up laser treatment if required is essential to avoid loss of vision

## What are the measures to be taken by the person with retinal damage?

- Control disease
- Check blood sugar level
- Regular eye check ups
- Laser treatment