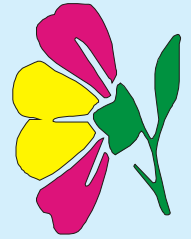


Instructions to Diabetic Patients



- 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.**
- 9. Early detection and Laser treatment for diabetic retinopathy significantly reduces risk of vision loss.**
- 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.**