

NOVEMBER IS DIABETES-RELATED EYE DISEASE MONTH



Presented By

ecv 
purpose

WHAT IS DIABETES?

diabetes

/ˌdīəˈbēdēz/

di·a·be·tes

Diabetes is a disease in which glucose levels in your blood (also known as blood sugar) are high.

Blood glucose is your body's main source of energy and you get it from the food you eat.

Your body makes a hormone called insulin that helps glucose from food you eat get into your cells to be used for energy. If you have diabetes, your body may not make enough insulin or any insulin or your body is not able to use insulin well.

This causes glucose to stay in your blood and not get to your cells for energy.

WHAT IS DIABETES-RELATED EYE DISEASE?

If you have diabetes, prevention of eye diseases related to diabetes is a priority. Diabetes-related eye disease can cause you to have trouble reading, seeing faces across the room, seeing at night, or even blindness. There are two forms of diabetes-related eye disease: **diabetes-related retinopathy** and **diabetes-related macular edema**.

Data from the Centers for Disease Control and Prevention (CDC) National Diabetes Statistics Report, 2020, shows that 34.2 million Americans have diabetes and 88 million American adults have prediabetes.

Alarming, more people are developing type 1 and type 2 diabetes during youth, and racial and ethnic minorities continue to develop type 2 diabetes at higher rates. The CDC also states that diabetes is the leading cause of new cases of blindness in adults.

(Source: [preventblindness.org](https://www.preventblindness.org))

Forms of Diabetes-Related Eye Disease



Diabetes-Related Retinopathy



Diabetes-Related Macular Edema

DIABETES-RELATED RETINOPATHY

THERE ARE TWO FORMS OF DIABETES-RELATED EYE DISEASE



Diabetes-related Retinopathy

Diabetes-related retinopathy occurs when small blood vessels leak and bleed in the retina.

The retina is layer of the eye that acts like the film in the camera of the eye to help you see.

Diabetes-related retinopathy is a leading cause of blindness in American adults and it affects over one in four of those living with diabetes, while 4% have severe cases of retinopathy.

DIABETES-RELATED MACULAR EDEMA

THERE ARE TWO FORMS OF DIABETES-RELATED EYE DISEASE



Diabetes-related Macular Edema

Diabetes-related macular edema is a swelling that can occur with retinopathy.

It occurs when the small blood vessels in the center of the retina, called the macula, become leaky and cause the retina to swell.

It can cause your vision to become blurry.

Know Your ABCs to Protect Your EYE HEALTH

A

A1C – Manage your blood glucose.

Have your A1C checked every 6 months.

B

Blood Pressure – Manage your blood pressure to protect your heart, kidney, and eye health.

C

Cholesterol – Manage your cholesterol levels.

D

Don't Smoke – Don't start smoking and if you smoke, please quit.

E

Eyes – Get a comprehensive dilated eye exam annually.

