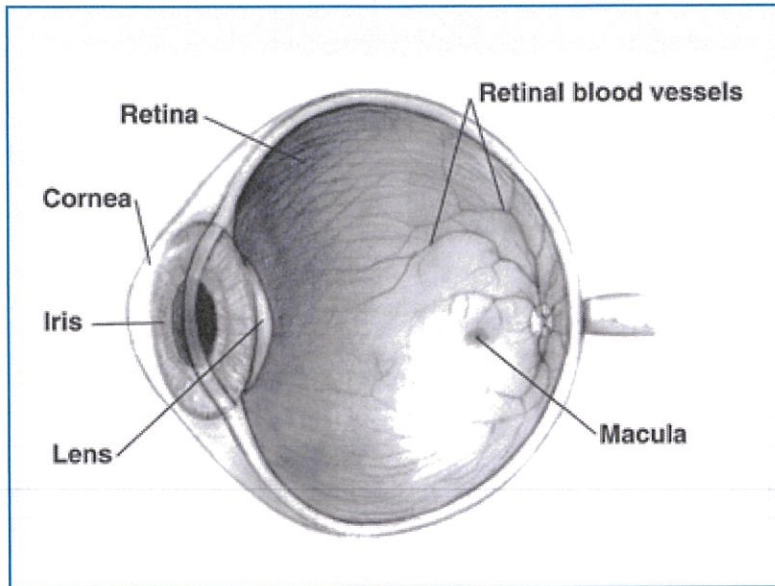


DIABETES COMPLICATIONS part 5: Diabetic Eye Disease



Diabetes can cause the following eye diseases:

1. **Acute blurry vision**- when your blood sugar is elevated the lens of your eye becomes dehydrated, causing it to change shape and thereby cause vision loss.
2. **Glaucoma**- diabetes can contribute to an increased pressure inside the eye, which will lead to blindness if not treated.
3. **Cataracts**- if you have elevated blood sugar levels over a long time the lens can become cloudy, leading to a loss of vision.
4. **Diabetic retinopathy**- this is the most serious complication and can lead to permanent vision loss if blood sugar is not kept in control. This is one of the leading causes of blindness in the world.

How can diabetic eye disease be reduced?

1. The best way to prevent Diabetic eye disease is to have good control of your blood sugar level.
2. In adult diabetics a yearly diabetic eye examination by an ophthalmologist is required to identify and treat early complications as mentioned above.
3. Make sure your blood pressure is under control as it will increase your chance of developing diabetic retinopathy if not controlled.


Company Medical Doctor


Date