

# RAISING AWARENESS: DIABETIC EYE DISEASE MONTH

## *Did You Know?*

*Diabetes is the leading cause of new cases of blindness in adults*

## Protect Your Vision

*"The number of diabetes cases continues to rise, and the condition is hitting people at a much younger age than ever before, which means more cases of permanent vision loss to millions across the country." – Jeff Todd, President & CEO of Prevent Blindness*

### 01 | Raising Awareness

People with diabetes are at a higher risk of developing blinding eye diseases, including diabetic retinopathy, glaucoma and cataracts. Recent studies reveal a lack of awareness of this issue. The month of November is dedicated to raising awareness on the correlation between diabetes and eye disease, along with providing education on prevention, symptoms and treatment.

### 02 | Prevention

Here are five steps to help prevent diabetic eye disease:

- Get a comprehensive eye exam from an ophthalmologist at least once each year
- Control your blood sugar levels
- Maintain healthy blood pressure and cholesterol levels
- Avoid smoking
- Stay active

### 03 | Treating Diabetic Eye Disease

Depending on the type and severity of the condition, many treatment options are available to manage diabetic eye disease.

- Macular Edema can be managed with laser treatment, injections and intravitreal steroids
- Retinal Detachment – many diabetic tractional retinal detachments develop slowly. The goal of treatment is to repair the retina before the macula detaches. A surgical procedure can be performed to remove vitreous gel and blood, and treat the retina with laser, repair tears and remove scar tissue.

### Learn More

Click [here](#) to learn more about Diabetic Eye Disease Awareness Month.

### References

<https://www.mayoclinic.org/diseases-conditions/diabetic-retinopathy/diagnosis-treatment/drc-20371617>

<https://www.visionaware.org/info/your-eye-condition/diabetic-retinopathy/treatments-for-diabetic-eye-disease/125>

<https://www.aao.org/eye-health/tips-prevention/top-five-diabetes-steps>