

What is laser treatment?

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Laser treatment uses a fine beam of laser light to seal and prevent leaky blood vessels and destroy abnormal new blood vessels in the retina. It is an out-patient procedure and is painless. Laser treatment does not cure Diabetic Retinopathy, but it prevents further complications.

The following measures can help protect and preserve your eyesight :

- Good control of blood sugar
- Good control of blood pressure
- Healthy eating habits
- Maintenance of ideal body weight
- Regular exercise
- Stop smoking
- Regular eye examinations (at least once a year or as recommended by your doctor)



Near Vision Chart

- Test at 40 cm
- Test one eye at a time

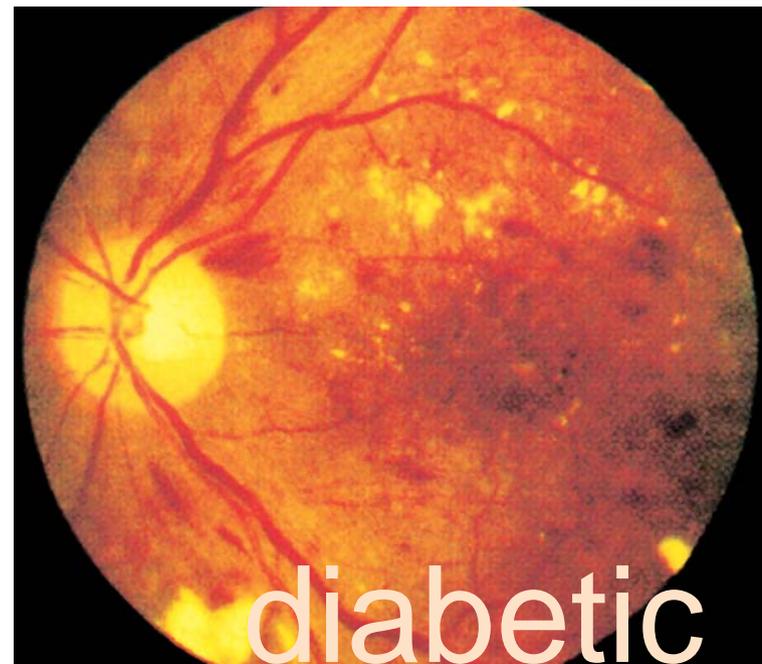
V	N	0,1						
D	H	P	0,2					
Z	C	T	B	0,3				
R	D	P	V	F	Z	0,4		
E	O	Z	L	B	H	0,5		
Z	N	H	R	E	L	0,6		
N	R	F	M	H	Z	D	B	0,8
H	Z	N	R	F	C	T	V	0,9

If you cannot read the bottom line, please get your eyes checked.



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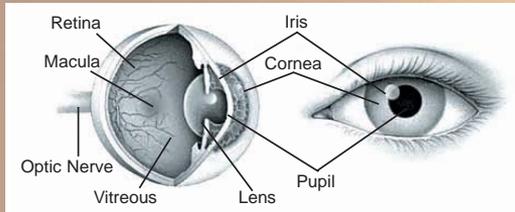


diabetic retinopathy

Diabetes Mellitus
robs you of
your eyesight.

Diabetic Retinopathy

Diabetic Retinopathy is a leading cause of blindness for adults aged 20-40 years.



Anatomy of the eye

What is diabetic retinopathy?

It is a complication of Diabetes Mellitus resulting from changes in the blood vessels of the retina. The retina is the nerve layer that lines the inside of the eye and is very important for sight. Any changes in the blood vessels such as leakage, blockage and the development of abnormal new vessels can threaten your vision.

Proliferative Diabetic Retinopathy



The risk factors for the development of Diabetic Retinopathy are:

- Long duration of Diabetes Mellitus (80% of patients who have Diabetes Mellitus for 15 years have Diabetic Retinopathy)
- Poorly controlled blood sugar
- Poorly controlled blood pressure
- Presence of other complications of Diabetes Mellitus such as
 - Kidney impairment
 - Foot ulcer / gangrene
 - Numbness of the hands and feet (Peripheral neuropathy)
- High blood cholesterol
- Smoking
- Anemia
- Diabetes Mellitus with pregnancy

How do you know you have Diabetic Retinopathy?

- You might not know about it. There are often no symptoms of early Diabetic Retinopathy. In later stages, you may experience the following :
- Blurring in vision
 - Fluctuation in vision
 - Distortion in vision
 - Seeing floaters
 - Complete loss of vision

However, once symptoms are present, treatment may be difficult or impossible. Therefore, you should present yourself for regular eye examination even before the onset of any symptoms.

How is Diabetic Retinopathy treated? 4

Treatment may not be necessary at the early stage of Diabetic Retinopathy. When indicated, laser treatment may be performed to delay progression of Diabetic Retinopathy. For the more serious stages of Diabetic Retinopathy, an eye operation may be needed to preserve sight.

The good news is that the onset of Diabetic Retinopathy or its progression can be delayed by good control of Diabetes Mellitus and other risk factors.



Laser treatment

You can help prevent blindness from Diabetes