



### **Did you know? - 10 facts about Eye Conditions Related to Diabetes**

- Vision can be affected by diabetes, but not everyone with diabetes has an eye condition
- Diabetes can affect different parts of the eye and make an individual more prone to a range of eye conditions, including diabetic retinopathy (retina), cataracts (lens) and glaucoma (optic nerve)
- Diabetic retinopathy is the most common cause of sight loss amongst people with diabetes
- Diabetic retinopathy is a complication caused by diabetes, resulting in damage to blood vessels in the retina.
- Symptoms could include blurred or sudden changes in vision, floaters or spots, eye pain, poor night and double vision
- Regular retinal screening appointments are offered to people with diabetes and are used to detect diabetic retinopathy making it important to attend them

- Depending on the stage of damage to the eye, treatment may be available to prevent further deterioration
- Treatment could be either laser, injections or surgery
- The risks to vision from diabetes could be reduced by keeping diabetes controlled, controlling blood pressure, reducing cholesterol levels, giving up smoking, keeping active and regular eye health checks
- It can be a challenge to manage diabetes with sight loss, therefore it is important to discuss equipment such as talking and easy to read glucose monitors with your diabetes clinic.

To make the most of someone's useful vision, advice, information, support, equipment and training may help individuals to remain independent, safe and continue to carry out everyday activities.

Contact Yorsensory on 01904 202292 or [enquiry@yorsensory.org.uk](mailto:enquiry@yorsensory.org.uk) to speak to a member of the team.