

Diabetic retinopathy

Diabetic retinopathy is the leading cause of blindness in adult. It affects people with diabetes. **People with diabetes mellitus, small blood vessels of the retina are weakening.** Therefore retinal blood vessels can break down, leak, or become blocked - affecting and impairing vision over time.

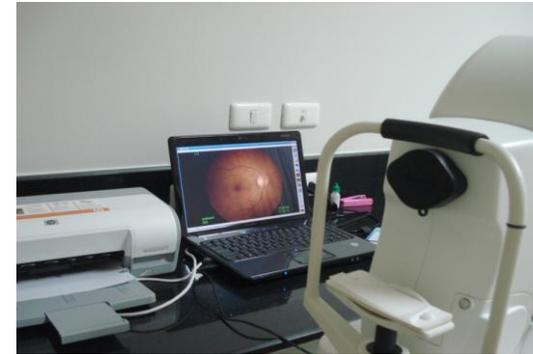
There are no symptoms in the early stages of diabetic retinopathy. Vision may seem unchanged until the disease becomes severe. It may become blurred or blocked entirely.

People with diabetes need to know that dangerous changes in the retina often happen before they notice changes in their sight. **All people with diabetes should have a professional eye exam at least once a year to prevent the visual loss.**

Eye Inspection equipments available at Thai eye center

1. Dilated Eye Exam
2. Fundus camera

The blood vessels in the retina can be visualized through the fundus camera



3. OCT- Optical Coherent Tomography

Treatment

Not every case of diabetes will need eye treatment. In early stage, the patient may not need any eye treatment, but they should have regular follow up with ophthalmologists.

- *Laser Photocoagulation*



It is common form of treatment for the abnormal blood vessels in retina. In this procedure, the doctor uses a laser to seal leaking or bleeding vessels. During the treatment, the laser beam is carefully aimed at problem areas.

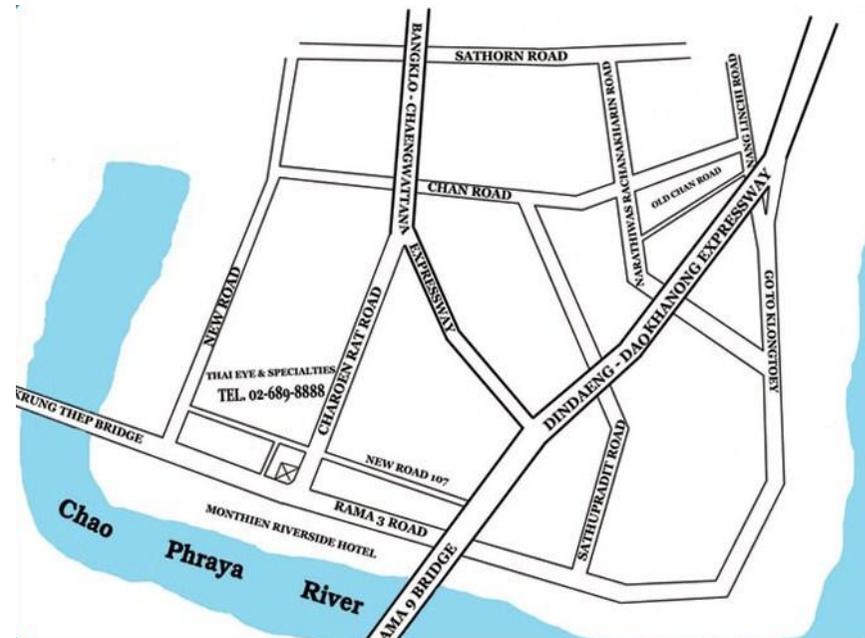
In advanced cases of diabetic retinopathy, more laser treatment may be needed. "Pan-retinal photocoagulation" uses a laser beam to treat many places on the retina. This technique helps prevent the growth of new, unhealthy blood vessels.

Intravitreal injection of Anti-VEGF agents

Anti VEGF such as Avastin (bevacizumab) or Lucentis (ranibizumab) are drugs that block the activity of VEGF. Anti-VEGF agents are increasingly being used to treat the retinal diseases such as macular edema or neovascularization (new fragile abnormal blood vessels) in advance diabetic retinopathy.

- *Vitrectomy*

It is the surgical treatment for some advanced cases of diabetic retinopathy. It is used when there is unhealthy vessel growth and bleeding.



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