

## Diabetes and Eye Health

Diabetes can have a significant impact on your vision. High blood sugar levels can damage the tiny blood vessels in the retina, a light-sensitive layer of tissue at the back of the eye. This damage can lead to a condition called diabetic retinopathy, which can cause vision loss and even blindness.

### Types of Diabetic Retinopathy

- **Non-proliferative Retinopathy:** This is the early stage of the disease, where small blood vessels in the retina become damaged and may leak fluid.
- **Proliferative Retinopathy:** In this advanced stage, new, abnormal blood vessels grow on the surface of the retina. These vessels can leak blood and fluid, causing vision loss.

### Preventing Vision Loss

To protect your vision, it's crucial to manage your diabetes effectively. Here are some tips:

- **Regular Eye Exams:** Schedule annual dilated eye exams to detect early signs of diabetic retinopathy.
- **Blood Sugar Control:** Maintain tight control of your blood sugar levels through diet, exercise, and medication.
- **Healthy Lifestyle:** Eat a balanced diet, exercise regularly, and avoid smoking.
- **Medication:** Your doctor may prescribe medications to help control your blood sugar levels and slow the progression of diabetic retinopathy.

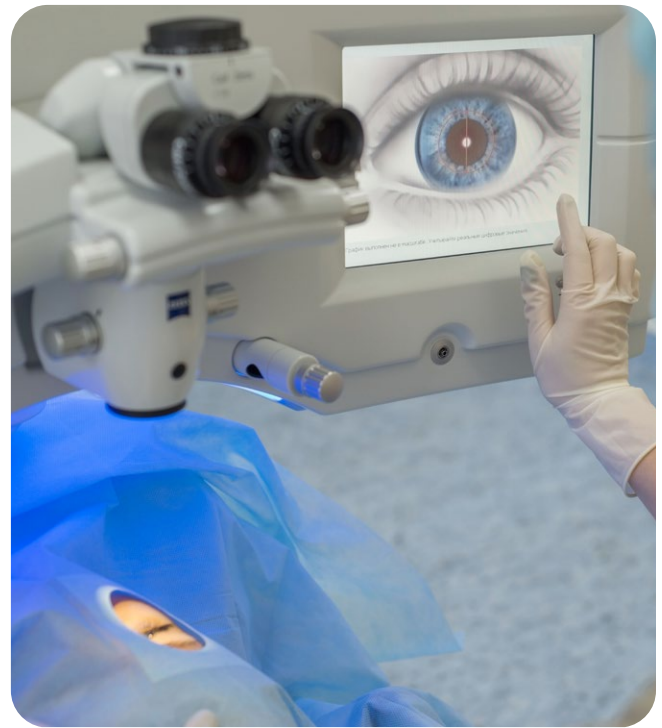


## Early Detection and Treatment

Early detection and treatment of diabetic retinopathy can help prevent vision loss. If you're diagnosed with diabetic retinopathy, your eye doctor may recommend:

- **Laser Treatment:** This procedure can seal off leaking blood vessels and prevent further damage.
- **Anti-VEGF Injections:** These injections can help reduce swelling in the retina and improve vision.
- **Vitrectomy:** A surgical procedure to remove scar tissue and blood from the vitreous humor, the gel-like substance that fills the eye.

Advanced Diabetes Supply is committed to providing information and support to individuals with diabetes. Our certified diabetes educators can offer personalized advice on nutrition, medication, and lifestyle management.



**We're committed to your health. Contact us today for more information.**



### Advanced Diabetes Supply

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