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Frequently Asked Questions About the Impact of Diabetes on the Eye

How Can Diabetes Affect My Eyes?

Diabetes can cause eye damage in a variety of ways.

- Diabetic Retinopathy (AD).

AD is the most common and serious diabetes disorder. It occurs on the back of the eye in the retina causing damage to the vessels (arteries and veins) of the area.

There are two types of 'non-productive' and "productive" DAs. In the first form the retinal vessels clot, bleed and leak fluid into the retina. Depending on the severity of the disease, vision can be affected to varying degrees and the condition is usually reversible.

In addition to the above, new retinal vessels are created in areas that are not sufficiently hematologic. Neo-vessels are abnormal vessels that cause extensive bleeding in the retina and vitreous, which can be associated with fibrosis and scar tissue. These usually result in significant vision loss and further complications such as retinal detachment.

- Diabetic maculopathy

Diabetic macular degeneration occurs when the diabetes affects the macula, which is the area of the retina that is responsible for central vision.

This can happen at any stage of PA. The result is disorganization of the macula that is often complicated by fluid collection and edema. Central vision is usually significantly affected, while peripheral vision remains normal.

- Waterfall

Over time, diabetes can change the composition of the lens of the eye making it more cloudy. This can help to create a cascade or accelerate the development of existing cascades by gradually reducing vision.

- Vision disorders

Blood sugar fluctuations can often cause eye lens homogeneity especially when it remains poorly regulated. The result is occasional and transient blurred vision that impairs the patient's daily life.



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What preventive measures can I take to reduce the chance of eye complications from diabetes?

It is important to consider the following:

- Good regulation of blood sugar levels.
- Good blood pressure regulation.
- Regulation of cholesterol levels.
- Stop smoking.
- Adopt a lifestyle with exercise and a healthy diet.

In any case, the severity of the ophthalmic events depends on how well the sugar is regulated, on the age and type of diabetes, the age, nationality as well as the general state of health of the patient.

Regular checkups by an ophthalmologist are especially important as early diagnosis and treatment of potential complications of diabetes can be life-saving for the eyes.

Is there a cure for the complications of diabetes in the retina?

In the early stage of AD where lesions are still mild, monitoring and adjustment of factors affecting sugar is usually recommended.

In the advanced stages of AD, laser photocoagulation may be performed to reduce leakage of vessels and reduce neo-vessel formation. Laser photocopying can be localized or panretinal.

In recent years, treatment with intravitreal injection of anti-VEGFs in advanced retinal lesions has been increasingly established, especially if macular degeneration is involved.

Finally, cases of very advanced lesions are usually treated surgically with a vitrectomy..