

DME AND ME?

Understanding The Risks And Path to Better Vision

NEARLY 1 IN 6

NATIVE AMERICANS HAS DIABETES

(up to 60% in some communities) resulting
in greater risk for diabetic eye disease



What is The Retina?

- Retina is thin tissue at the back of your eye that sends images to your brain
- Retinal diseases leave you at high risk for permanent vision loss

Diabetic Eye Diseases

- Diabetic retinopathy
- Diabetic macular edema
- Glaucoma
- Cataracts



Are You
at **Risk** For Diabetic
Retinal Disease?

Major Risk Factors

- ✓ High blood glucose
- ✓ High cholesterol
- ✓ High blood pressure

Other Risk Factors

- ✓ Younger age at diagnosis
- ✓ Male sex
- ✓ Lower body mass index
- ✓ Longer diabetes duration
- ✓ Higher LDL-cholesterol
- ✓ Alcohol consumption
- ✓ Smoking
- ✓ Kidney disease
- ✓ Neuropathy
- ✓ Previous cataract surgery
- ✓ Poor A1c regulation



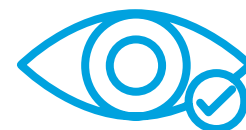
Do You Know Your Risk?

Protect your vision and talk with
your healthcare provider today



What Are The Signs of Diabetic Retinal Disease?

- Worsening vision
- Sudden vision loss
- Shapes floating in your field of vision
- Blurred vision
- Eye pain/redness
- Difficulty seeing in the dark



How is Diabetic Retinal Disease Diagnosed?

Slit Lamp Exam

- Simple eye test with a special microscope and bright light
- Provider can identify evidence of potential retinal disease

Optical Coherence Tomography (OCT)

- Special digital scan examining the layers at the back of your eye
- Quick, pain free, not invasive, requires dilation

Fundus Fluorescein Angiography

- Special dye injected in the arm to better view the blood vessels in the retina
- Sometimes needed to first better define disease severity



Early evaluation and diagnosis are crucial to preserving and maintaining vision



Take Control Alongside Your Provider to Prevent Diabetic Retinal Disease

- Annual eye screening
- Blood sugar control
- Cholesterol control
- Blood pressure control
- Eliminate smoking
- Reduce/eliminate alcohol
- Exercise regularly

References (Information within this infographic may be found in the following)

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