

**TWOP**

**World Diabetes**

**Day 2020**



**# Stay aware &  
be protected**

**DIABETES**

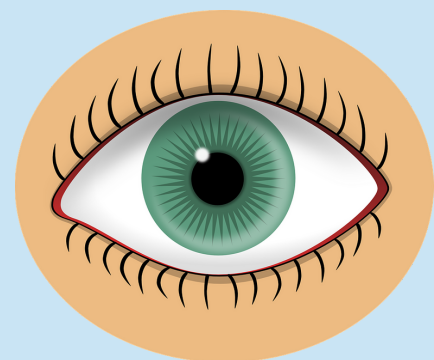
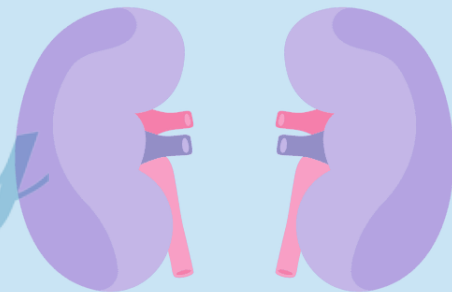
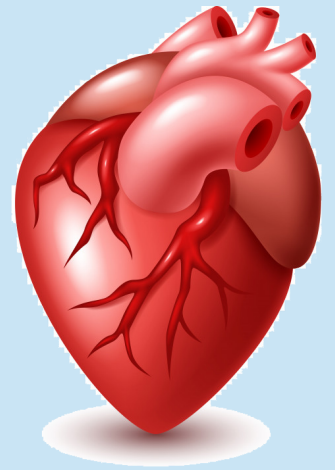
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# World Diabetes Day

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Every year on the 14th of November, World Diabetes Day is commemorated to raise awareness of the impact on people's health. This unique year with the COVID-19 pandemic has caused many challenges, including people living with diabetes and for their health care providers.

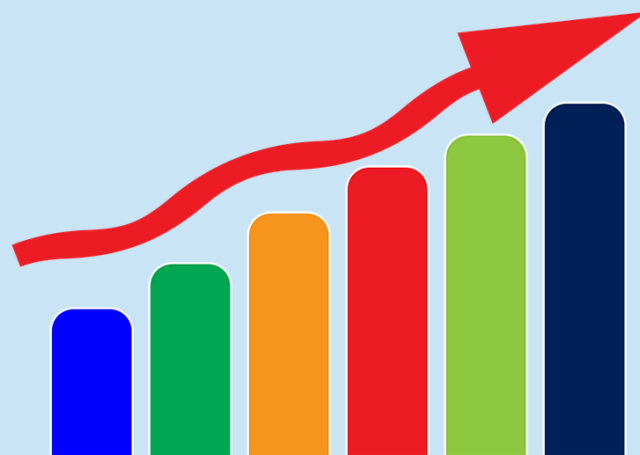
Definition: Diabetes is a chronic systemic disease which is also known as metabolic disease characterized by abnormal rise in concentration of glucose in the blood which is referred to as hyperglycemia which may lead to serious damage to the heart, eyes, blood vessels, kidneys and nerves.



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# Diabetic Eye Disease & its Prevalence

- Globally, it is projected that the number of people with DR will grow from 126.6 million in 2010 to 191.0 million by 2030. Overall prevalence of diabetic retinopathy among people with diabetes 34% (7% proliferative diabetic retinopathy, 7% diabetic macular edema, and 10% vision-threatening diabetic retinopathy). It is estimated that the number with vision-threatening diabetic retinopathy (VTDR) will increase from 37.3 million to 56.3 million, if prompt action is not taken.

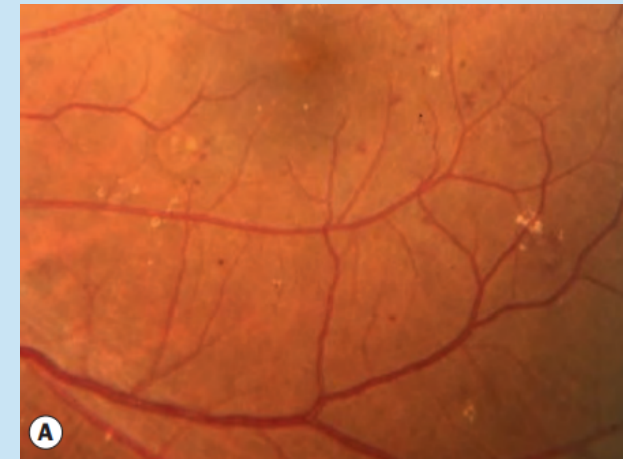


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# Types of Diabetic Retinopathy

Non-Proliferative Diabetic Retinopathy:

It's an early stage in which blood vessels in the retina are weakened. Presence of microaneurysms which may leak fluid into the retina which causes edema.



Proliferative Diabetic Retinopathy:

It's an advanced stage in which circulation problems deprive the retina of oxygen. New, fragile blood vessels grow which may cloud the vision.



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# What are the signs and symptoms of DR

Often there are no early symptoms of diabetic eye disease. You may have no pain and no change in your vision as damage begins to grow inside your eyes, particularly with diabetic retinopathy. Symptoms include:

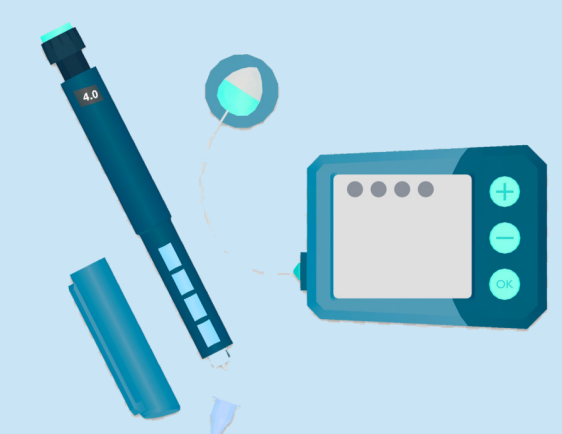
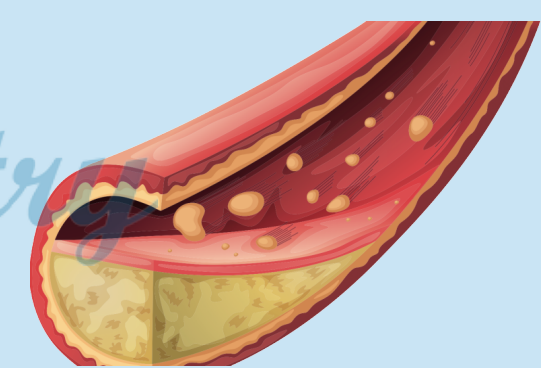
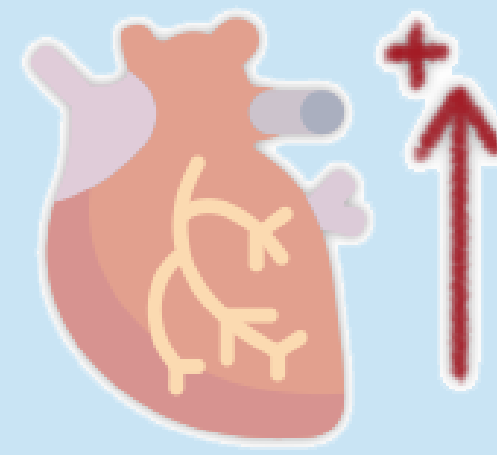
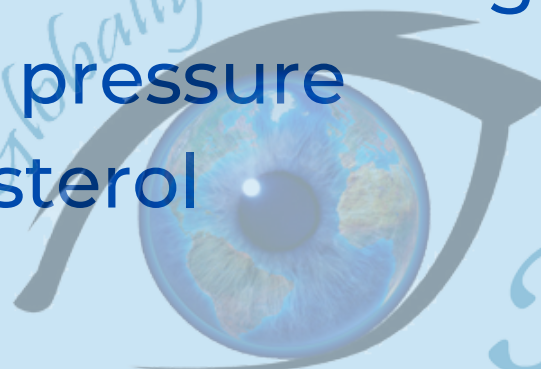
- blurry or wavy vision;
- frequently changing vision- sometimes from day to day;
- dark areas or vision loss;
- poor color visionspots or dark strings (also called floaters);
- flashes of light.



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# Risk Factors, Complication & Treatment

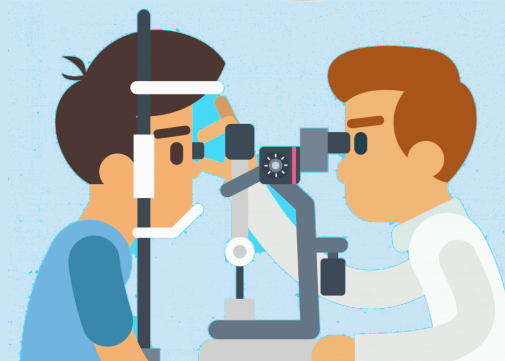
- Duration of diabetes
- Poor control of blood sugar level
- High blood pressure
- High cholesterol
- Cataract
- Glaucoma
- Vitreous Hemorrhage
- Retinal Detachment
- Anti-VEGF therapy
- Ocular injections
- Laser photocoagulation
- Vitrectomy



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# 5 ways to prevent Diabetic Retinopathy

- Take the prescribed medications on time;
- Check/monitor your sugar levels more often;
- Exercise regularly & Eat healthy;
- Get your medical examination to monitor other systemic diseases;
- Don't forget to get a comprehensive Eye Examination from Optometrist.

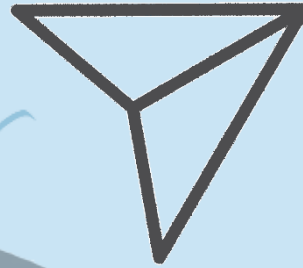




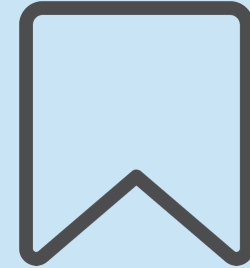
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