

OPTOMETRY

Q: How does diabetes affect your eyes?

A: Diabetes mellitus is the number one cause of blindness for Americans under the age of 65. Therefore, it is very important that patients with diabetes see their optometrist every year for a comprehensive dilated eye examination. Uncontrolled diabetes can cause devastating changes to your vision, which can be permanent. The damage occurs when blood and exudates leak out of blood vessels in the retina inside the eye, causing diabetic retinopathy. Prevention is critical and it is of the utmost importance to keep your blood sugar in the ranges recommended by your diabetic doctor. There are many other ocular problems that can be associated with diabetes, including cataracts and glaucoma, which is why it is so important to see your eye doctor every year.

In some cases, diabetes is actually discovered by an optometrist during a routine eye exam. If a patient has unknown and uncontrolled diabetes, there are telltale signs that can be seen inside the eye, even if the patient has not noticed a change in vision. When it comes to vascular problems such as diabetes, the eyes are certainly the window to your health!



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