



Normal Vision



Diabetic Eye

What can happen to the retina ?

You retina is the only place in the body where blood vessels can be seen directly. This means that in addition to eye conditions, signs of other diseases (for example, stroke, heart disease, hypertension and diabetes) can also be seen in the retina. Early detection is essential so that successful treatments can be administered.

Diabetic Retinopathy (DR). Diabetes affects the eyes and the kidneys and is a leading cause of blindness. Retinopathy occurs when diabetes damages the tiny blood vessels inside the retina.



Age-rekated Macular Degeneration (AMD).

The center of the retina (the macula) can become diseased as we get older. This results in alterations to our fine central vision making daily activities such as driving and reading difficult.

Glaucoma (Increased Eye Pressure). Causing damage to the optic nerve, glaucoma almost always develops without symptoms.

Hypertension (High Blood Pressure). Increased pressure can result in changes to blood vessels in the eye, increasing the risk of cardiovascular disease (stroke or heart disease).



THE EYE SUPER SPECIALITIES

The Eye Super Specialities

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GET YOUR VISION EXAMINED NOW

GET A RETINA EYE EXAM
TO SEE WHAT DIABETES IS DOING BACK THERE



HEALTH CARE IN DIABETES

Early detection is vital.



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What is diabetic eye disease?

Diabetic eye disease is a general term for the visual complications that result from diabetes. It can cause severe vision loss or even blindness.

Diabetic eye disease may include:

Diabetic retinopathy Damage to the blood vessels in the retina. This is the most common form of diabetic eye disease.

Cataract Clouding of the eye's lens.

Glaucoma Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

Cataract and glaucoma also affect many people who do not have diabetes.

When you have diabetes, proper foot care is very important. Poor foot care may lead to amputation of a foot or leg. As a person with diabetes, you are more vulnerable to foot problems, because diabetes can damage your nerves and reduce blood flow to your feet.

TAKE CARE OF YOUR TOENAILS

- Cut toenails after bathing, when they are soft.
- Cut toenails straight across and smooth with a nail file.
- Avoid cutting into the corners of toes.



SOME DO'S & DON'T'S IN FOOTCARE

- Never walk barefoot.
- Always wear fitting footwear. It should be neither too tight nor too loose.
- Inspect your feet daily. Look for any redness, swelling or any injury.
- Never soak feet in water for long periods.
- Never vigorously massage your feet.
- Cut nails straight across and file the corners.
- In event of any injury, do no self medicate or treat consult your doctor immediately.



SEE YOUR HEALTH CARE PROVIDER URGENTLY IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS WITH YOUR FEET

- Athlete's foot (cracking between the toes)
- Sores or wounds on your feet
- Ingrown toenails
- Increasing numbness or pain
- Calluses
- Redness
- Blackening of skin
- Bunions
- Infection
- Hammer toes (when the middle joint of toes is permanently bent downward)

REMEMBER : DIABETIC FOOT COMPLICATIONS CAN BE PREVENTED BUT WITHOUT CARE WILL PROGRESS WITH TIME. THE FOLLOWING MEASURES HELP PREVENT COMPLICATIONS :

- control diabetes as effectively as possible
- attend foot screening
- seek treatment for foot problems such as corns and hard skin
- don't trust the nerves in your feet if they are damaged; trust your sight and your instincts!

HEALTHY EATING FOR PEOPLE WITH DIABETES IS IMPORTANT BECAUSE IT CAN HELP :

- Maintain blood glucose control and thereby reduce the risk of complications
- Reduce the risk of cardiovascular disease and the tissue damage associated with high blood glucose levels
- Support management of body weight
- Maintain quality of life
- A healthy diet should include a wide variety of foods, not too many fatty and sugary foods, not too much salt and plenty of fibre-rich foods including fruit and vegetables.



DIET- PRACTICAL TIPS :

- Eat complex carbohydrates such as those found in wheat, bajra, jawar, ragi etc. these are better than sugars like fructose, sucrose (simple sugars) present in table sugar, honey, fruit juices, colas, sherbets etc.
- Green leafy vegetables and all types of raw vegetables such as cucumber, carrot, cabbage, tomato, onion, etc can be eaten in plenty to fill the stomach.
- Use boiled, steamed and grilled foods instead of fried foods.
- Fiber rich foods such as whole grain & pulses& raw vegetables are better. Fruits should be eaten with peels.
- No fasting or feasting.

SAMPLE MEAL PLAN FOR A DAY :

BREAKFAST : 1 cup tea or coffee without sugar
2 khakras (plain) OR
1 bowl upma or poha OR
1 bowl oats

MID-MORNING SNACK : 1
fruit(Apple/orange/pear/guava/
2 slices papaya/watermelon)

LUNCH : 2 phulkas (without ghee)
1 vati vegetable
1 vati dal
½ vati rice
1 bowl salad
1 glass thin buttermilk

SNACKS : cup tea/coffee/milk without sugar
Any snack out of cereal, upma, 2 idilis
Dry bhel (without sev)
Wheat bread sandwich
(without cheese, butter)

DINNER : 1 cup clear soup
2 phulkas(without ghee)
1 vati vegetables
1 vati dal
½ vati rice
1 glass thin buttermilk

BEDTIME : 1 cup milk without sugar

HYPOGLYCEMIA (LOW BLOOD SUGAR)

SYMPTOMS OF LOW BLOOD SUGAR

- Excessive hunger, sweating, weakness, giddiness, headache palpitations, tremors, nervousness, irritability, confusion
- Severe hypoglycemia can give rise to convulsions and even unconsciousness.

CAUSES OF LOW BLOOD SUGAR

- Delayed meals, missed or too little food.
- Extra physical activity or physical exertion especially on empty stomach.
- Excessive insulin dosage or tablets.
- Alcohol on empty stomach.

TREATMENT

- Test your blood glucose.
- If <70mg/dL and/or symptoms of low sugar – eat your meals if delayed or take a snack.
- If still sugar is low or very low sugar- 3-4 tsp glucose powder/ white sugar OR fruit juices/ colas/sherbets OR 2-3 tsp honey.
- Recheck sugars, if unconscious or still low, get medical help.

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