Diabetic Retinopathy

Diabetic Retinopathy (DR) is a retinal disease and the most common cause of irreversible blindness in working-age Americans.

IMPACT: DR affects 7.7 million Americans and is expected to double by 2050.

COMMON SYMPTOMS:
- Blurred or distorted vision
- Difficulty reading
- Floaters or spots
- Shadow across the field of vision
- Eye pressure
- Difficulty with color perception

If you experience symptoms of DR, see a retina specialist as soon as possible.

RISK FACTORS: You are at greater risk if you have
- Diabetes
- Blood sugar irregularities
- High blood pressure
- Kidney disease
- High cholesterol
- Pregnancy

SAFEGUARD YOUR SIGHT: Take steps to reduce your risk.
- Stop smoking
- Exercise regularly
- Maintain a healthy weight
- Control blood pressure, cholesterol & blood sugar
- Take medications as prescribed
- Get regular dilated retina exams

For more information visit SeeforaLifetime.org

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