

Understanding Retina Health During Pregnancy

Pregnancy brings profound changes to a woman's body, including her eyes. Hormonal, metabolic, and blood vessel changes during pregnancy can affect the retina—the light-sensitive tissue at the back of your eye that allows you to see. In some cases, pregnancy can cause new retinal conditions or make existing ones worse.



Most vision changes during pregnancy are temporary. However, some may be signs of serious retinal disease that require prompt care from a retina specialist.



How Pregnancy Can Affect the Retina

Pregnancy can impact retina health in several ways:

Worsening of existing conditions

- Diabetic retinopathy can progress more quickly during pregnancy
- Changes in blood sugar and blood pressure can affect the retina

Pregnancy-related conditions

- Preeclampsia can cause changes in retinal blood vessels and vision
- Central serous chorioretinopathy (CSCR) can cause fluid buildup under the retina, leading to blurred or distorted vision

Other rare complications

- Retinal bleeding
- Retinal detachment
- Blood vessel blockages

→ Some of these conditions may improve after delivery, but delaying evaluation can put vision at risk.

For more information
visit SeforaLifetime.org

A
resource
from



American Society of
Retina Specialists

Pregnancy and Retina Health

Who is at Risk?

Retinal conditions during pregnancy are more likely if you have:

- Diabetes
- High blood pressure or preeclampsia
- A history of retinal disease
- Rapid changes in blood sugar levels
- Preexisting eye conditions

Even if you are healthy, new symptoms should always be evaluated.



If You Experience Symptoms: Act Fast

Pregnant women should seek care from a retina specialist immediately if they notice:

- Sudden vision loss or significant blurring
- New or increased floaters
- Flashes of light
- A shadow, curtain, or dark area in the field of vision
- Distorted or wavy central vision

These symptoms may indicate a vision-threatening emergency. Do not wait for a routine appointment. **Contact a retina specialist right away.**

Protecting Your Vision During Pregnancy

You can take steps to protect your retina health:

- ➔ Keep blood sugar under control if you have diabetes
- ➔ Monitor blood pressure
- ➔ Attend recommended eye exams
- ➔ Report any vision changes immediately



How Retina Specialists Help

Retina specialists are medical doctors and surgeons with advanced training in diseases of the retina.

They can:

- ➔ Diagnose the cause of vision changes
- ➔ Monitor retinal conditions during pregnancy
- ➔ Provide treatments that are carefully evaluated for both mother and baby
- ➔ Perform surgery when needed to preserve vision

Find your retina specialist at
www.FindYourRetinaSpecialist.org

 **ASRS** American Society of
Retina Specialists