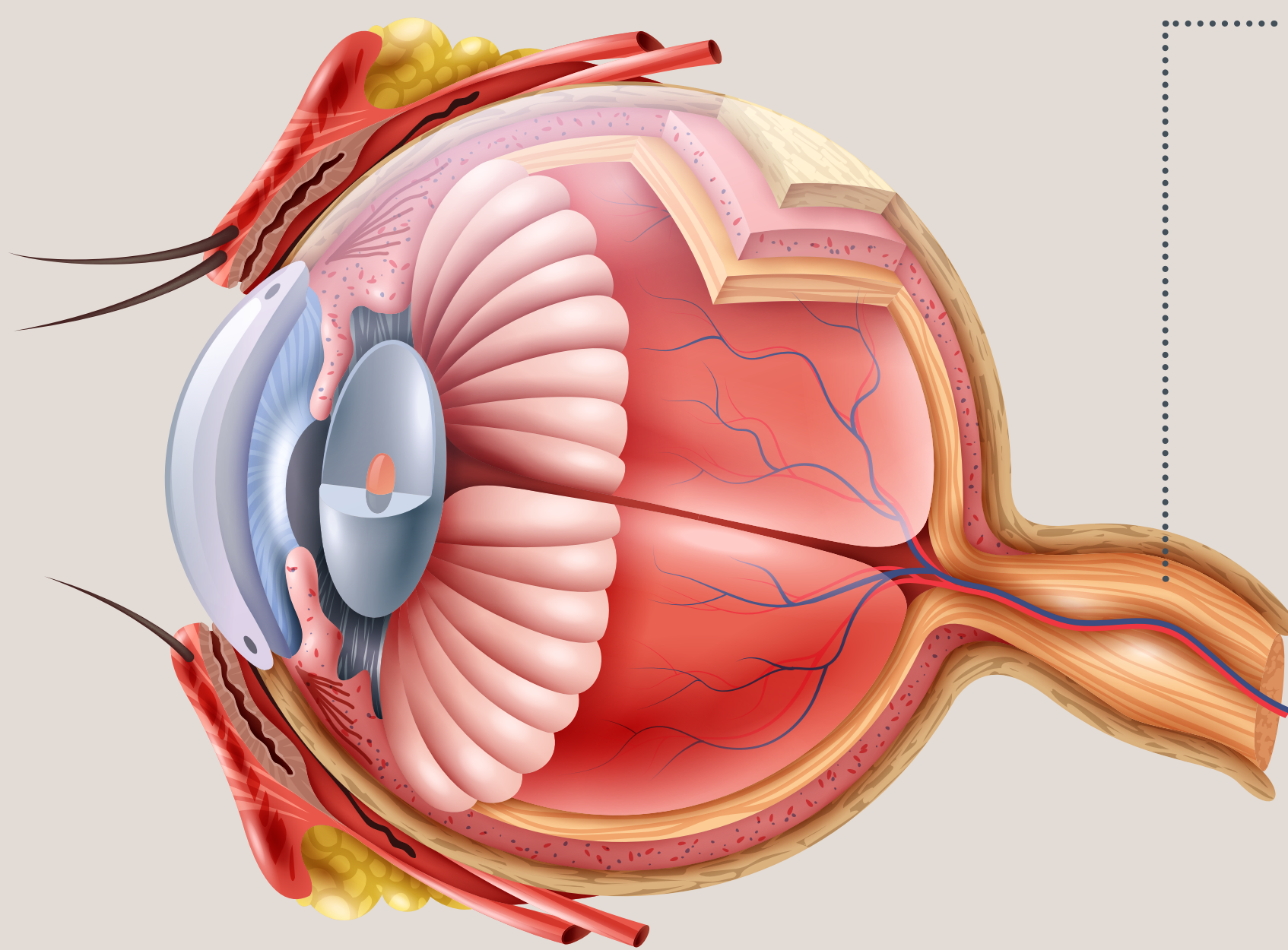


# Keep Your Sight!

## Keep Blood Sugar in View

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### Diabetic Retinopathy Facts



Uncontrolled high blood sugar damages blood vessels, **including the small ones in the eye, resulting in vision loss.**

Damaged blood vessels **can become blocked or leak more easily.**



Early diabetic retinopathy progresses **without noticeable symptoms.**

### Diabetic eye problems

Diabetic eye diseases such as retinopathy are a **leading cause of blindness among people with diabetes.**

In Singapore, **11.3% of adults** have diabetes – of which

**one in three**

have diabetic retinopathy, which causes:

- 1** **Tiny retinal blood spots** and changes to the retinal blood vessels
- 2** **Macular edema,** the most common cause of visual loss
- 3** Advanced complications including **retinal detachment and severe bleeding**

**Gradual blurring of vision** is one of the most common symptoms of retinopathy. Other symptoms of more advanced disease include:



Seeing 'floaters'



Eye pain



Sudden loss of vision

In advanced diabetic retinopathy, **vision loss could be irreversible.**

This underscores the importance of good diabetes management and early detection.



Take medications as prescribed



Stay physically active



Maintain a healthy diet



Go for regular eye checks