



Diabetic retinopathy is a disease of the retina – the nerve layer in the back of the eye. Diabetes damages the blood vessels in the eye and all of these living tissues, such as those of the eye, need working blood vessels to function. According to a recent study published in the journal JAMA Ophthalmology, 1 in 4 people with diabetes have this sight-threatening condition.

What is diabetic retinopathy?

Diabetic retinopathy is a disease of the retina – the nerve layer in the back of the eye. Diabetes damages the blood vessels in the eye and all of these living tissues, such as those of the eye, need working blood vessels to function. According to a recent study published in the journal JAMA Ophthalmology, the risk for diabetic retinopathy in the US is much more significant than originally thought. According to scientists, in 2021, approximately 9.6 million people (or 26.43% of people with diabetes) had diabetic retinopathy in the US. About 5% of people with diabetes (1.84 million people) had vision-threatening forms of diabetic retinopathy.

What causes diabetic retinopathy?

Untreated or poorly controlled diabetes is the primary reason people develop diabetic retinopathy. A lack of screening and regular eye exams also plays a role. Diabetic retinopathy may cause no damage, or may even cause complete blindness with a painful eye that needs to

be removed.

What are symptoms?

Many people do not experience any symptoms in the early stages of diabetic retinopathy. Initially, one may experience only mild vision problems. However, if left untreated, it can lead to blindness.

According to Mayo Clinic, as the condition progresses, you might develop:

- Spots or dark strings floating in your vision (floaters)
- Blurred vision
- Fluctuating vision
- Dark or empty areas in your vision
- Vision loss

Annual exams

In order to prevent vision damage that can come from diabetes, careful management of your diabetes is essential. If you have diabetes, it is important to see your eye doctor for a yearly eye exam with dilation, even if your vision seems alright. This exam is essential as it allows the disease to be discovered at the stage where treatment will be most successful.

Mobile glucose monitor

Mobile glucose monitor is a small, handheld device for monitoring blood sugar levels. It is used by people with diabetes to track their blood sugar levels throughout the day. The device is used by inserting a small drop of blood from a finger prick into a test strip, which is then inserted into the device. The device then displays the blood sugar level on its screen. Mobile glucose monitors are portable and easy to use, making them a popular choice for people with diabetes.

Endocrinologists say that C.G.M.s are indispensable for people with diabetes who need to know when a

For people with diabetes, persistently high blood sugar and large surges in glucose are known to cause

The clearest potential benefit of C.G.M.s is for people who are at risk for diabetes. An estimated one in t

[NYTimes.com](https://www.nytimes.com)

VEZANI SADRŽAJI

{loadposition related}