Diabetes eye health

A guide for health professionals

www.idf.org/eyehealth
Prevalence of Diabetes in Adults (20-79 years), 2015

415 million adults with diabetes worldwide, or 1 in 11 adults
Almost 80% of diabetes cases occur in low/middle income countries.

- 46.5% of cases are undiagnosed, likely higher % in low/middle income countries.

- 90% of cases are Type 2 Diabetes.

- Factors: Lifestyle, culture, industrialisation, urbanisation, availability & affordability of processed foods, genetics.
More than **93 million** people suffer some sort of **eye damage**

More than **One in three** living with diabetes will develop diabetic retinopathy
Diabetes eye health: A guide for health professionals

- Produced by The Fred Hollows Foundation and the International Diabetes Federation
- Co-written by a working group of professionals from the diabetes and eye health sectors
- A practical Guide for health professionals
Key messages of the guide
Managing eye health in people with diabetes - Strategies for Health Professionals

1. Control Diabetes
2. Personalise management
3. Encourage lifestyle modification
4. Facilitate social support
5. Regular Eye Examinations
### Timing of Eye Screening

<table>
<thead>
<tr>
<th></th>
<th>Type 1 Diabetes</th>
<th>Type 2 Diabetes</th>
<th>Gestational Diabetes</th>
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<tbody>
<tr>
<td><strong>Initial</strong></td>
<td>Five years after diagnosis of diabetes</td>
<td>As soon as possible after diagnosis of diabetes</td>
<td>As soon as possible after diagnosis of diabetes</td>
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<tr>
<td><strong>Ongoing</strong></td>
<td>Every one to two years</td>
<td>Every one to two years</td>
<td>If diabetes resolves after pregnancy, no further screening needed</td>
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Detecting diabetic retinopathy in patients with diabetes

1. Medical history
2. Regular eye examinations
3. Take action If Diabetic Retinopathy Is detected

Screening and photo grading services, Indonesia. Photo: Dwi Ananta, HKI. CC BY-NC 2.0 CEHJ
Normal retina

Diabetic retinopathy

Macula
Fovea
Optic Disc
Retinal Arterioles
Central Retinal Vein
Central Retinal Artery
Retinal Venules

Macula
Optic Disc

Haemorrhages
Abnormal growth of blood vessels
Aneurysm
Hard Exudates
“Cotton wool” spots
Venous beading
“Cotton wool” spots

Source: Singapore Eye Research Institute
Everyone with Diabetes is at risk of Diabetic Retinopathy.

Increasing need for health professionals to consider the possibility of diabetic eye disease before symptoms begin.

Diabetic Retinopathy asymptomatic.

People with diabetes need to be supported to play an active role in managing their diabetes.