

### Diabetic Eye Disease Information – Ophthalmology Department, The Queen Elizabeth Hospital, King's Lynn

Diabetes of both types can have a variety of effects on vision, and the ophthalmology department specialise in combating these symptoms. Diabetes may cause a change in the shape of eye lenses as a result of increased glucose absorption. This can result in blurred vision. Similarly, a reduction in blood flow to the eye may cause a condition known as retinopathy, which consists of non-inflammatory damage to the retina. Again, blurred vision followed by spotted vision is a common symptom.

Retinopathy is best prevented rather than cured. To this end, the ophthalmology department can advise on ways to reduce blood pressure and cholesterol. In addition, we can help manage and treat maculopathy, which may eventually cause your vision to become reduced. Laser and blood pressure control can again help here.

There are further potential ophthalmological complications for diabetics. Proliferative retinopathy is caused by too much blood sugar reaching the eyes, which may see haemorrhages to occur, and requires laser treatment to prevent new blood vessels forming in the eye. If this condition does lead to proliferative retinopathy – when the vessels begin to form – further laser treatment can prevent ocular bleeding.

Retinal scarring and detachment are also possible results of both types of diabetes, but all conditions can be prevented or slowed down significantly prior to their development through proper care. Here at the Queen Elizabeth NHS Foundation Trust, we do our best to help you make sure that you do not need the treatment in the first place.