



Columbus Ophthalmology Associates

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Diabetes and the Eyes

□ **Diabetes**

Diabetes Mellitus impairs the body's ability to utilize sugars. This systemic disease affects the walls of small blood vessels throughout the body. When not well controlled, diabetes can affect the eye in several ways.

□ **Diabetic Retinopathy**

Diabetic Retinopathy affects the delicate retina by causing a deterioration of the blood vessels. The retina is the portion of the eye that acts much like the film in a camera. All light images are carried from the retina to the brain by the optic nerve.

Background diabetic retinopathy is a milder form of the disease. Only a few vessels are enlarged and form small balloon-like sacs called micro-aneurysms. These leaky vessels can cause small hemorrhages and fluid deposits on the surface of the retina. This is the earlier stage of the disease and vision is not usually seriously affected. If the leakage, however, causes fluid to collect in the center of the retina, known as the macula, straight ahead images can be blurred and a loss of central vision may result. About one half of all diabetics will have some form of retinopathy by 10-15 years of their disease.

A more serious form of the disease is called Proliferative Retinopathy. Abnormal blood vessels grow which are very fragile and can rupture causing large hemorrhages to leak into the vitreous gel that fills the back part of the eye. These large blood clots block light passing through the pupil and can significantly reduce vision. Significant scar tissue and loss of vision can result from detachments of the retina.

It is recommended that diabetic patients have at least a yearly examination of the retina by a doctor experienced in treating diabetic eye disease. If retinal disease is present, your doctor may see you more frequently. In some cases, photography may be necessary to locate leaking blood vessels. This technique is known as fluorescein angiography.

Early treatments of leaking blood vessels are performed by the Argon laser. Small bursts of laser energy can seal leaking vessels. The laser has significantly reduced vision loss in diabetic patients. Successful treatment, however, depends on early detection and monitoring. Likewise, patients must maintain good control of their diabetes to prevent further damage to their eyes.

Signs of Possible Eye Problems In Children

What does your child say?

- 1.) I can't see well. Everything looks blurry. I see double.
- 2.) After reading, if your child says I have headache or feel dizzy.
- 3.) Your child says my eyes are itchy, scratchy or feel burning.

How does your child act?

- Things are blurry or hard to see
- Squints eyes or frowns
- Rubs eyes a lot
- Closes or covers one eye
- Tilts head or thrusts head forward
- Has trouble reading or doing other close up work, or holds objects close to eyes to see
- Blinks more than usual or seems cranky when doing close-up work



What do your child's eyes look like?

- 1.) Eyes are watery or red (inflamed)
- 2.) Eyelids are red-rimmed, crusted or swollen
- 3.) Eyes do not line up, one eye appears crossed or looks out.

If one or more of these signs appear, it is important to schedule an appointment with an eye doctor!

PEAK Vision Sports Line For Golfers

PEAKó Patented Dual-Zone Performance Eyewearñ gives golfers the right color lens at the right time and visual input needed to hit great shots on and off the green. The patented Dual-Zone technology gives golfers gray at the top of the lens for glare protection and distance perception, and amber at the bottom to highlight the contours of the green, allowing: improved iris stability, reduced eye fatigue, enhanced visual acuity, and improved speed of perception. PEAK Vision Sports uses a revolutionary new lens technology, originally developed for military use in the widescreens of Apache helicopters. This material offers golfers: amazing optical glass clarity, 100% UV 400 Protection, shatterproof lens, and greater scratch resistance than traditional lenses.

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