



## Diabetic Retinopathy and its Serious Eye Conditions

Jayanth Pecharroman\*

Department of Optometry, Sarvepalli Radhakrishnan University, Chennai, India

### Description

Diabetic retinopathy is an eye condition that can cause vision loss and visual deficiency in people who have diabetes. It affects the blood vessels in the retina (the light-sensitive layer of tissue in the back of your eye). Diabetic retinopathy is caused by the high blood sugar due to diabetes. Having a lot of sugar in your blood can harm your retina. It's the part of your eye that identifies light and sends signals to your brain through a nerve in the rear of your eye (optical nerve).

Diabetes damages blood vessels all around the body. The damage to your eyes begins when sugar blocks the tiny blood vessels that go to your retina, causing them to leak the fluid or bleed. To compensate for these impeded blood vessels, your eyes additionally develop fresh blood vessels that do not function properly. These fresh blood vessels can spill or drain without any problem.

The best way to lower your threat of diabetic retinopathy by managing your diabetes. That means keeping your blood sugar levels in a healthy and proper range, maintaining good eating habits, and following your primary care physician's directions for your insulin or other diabetes medications.

You can manage your diabetes by staying physically active, eating healthy food and taking your medication on time can also help you to prevent or delay vision loss. Still, it's important to get a comprehensive dilated eye examination at least once a year, if you have diabetes. Diabetic retinopathy might not have any symptoms at first, but finding it early can assist a new ways to safeguard your vision. Some people notice changes in their vision, similar to inconvenience in reading or seeing distant objects. These changes aren't permanent.

In next stages of the disease, blood vessels in the retina start to bleed into the vitreous (gel-like fluid that fills your eye). However, you might see dark and floating spots or streaks that look like cobwebs. Occasionally, these spots can clear up on their own, but it's very important to get treatment because bleeding can start again which can lead to the damage of the eye.

**Serious eye conditions that can be caused due to diabetic retinopathy are :**

**Diabetic Macular Edema (DME):** Over time, around 1 out of 15 people with diabetes will develop DME. DME happens when blood vessels in the retina leak fluid into the macula (a part of the retina needed for sharp, central vision) of the eye. This can cause blurry vision.

**Neovascular glaucoma:** Diabetic retinopathy can cause abnormal blood vessels to grow out of the retina and its blocks fluid from draining out of the eye. This causes a type of glaucoma (a group of eye disorders that can cause vision loss and visual impairment).

**Retinal detachment:** Diabetic retinopathy can cause scars like structure toward the rear of your eye. When the scars pull your retina away from the rear of your eye, it's called tractional retinal detachment.

To make sure your diabetes treatment plan is working, you will need a special lab test called an A1C test. This test shows your normal glucose level in the course of recent months.

\*Corresponding author: Jayanth Pecharroman, Department of Optometry, Sarvepalli Radhakrishnan University, Chennai, India, E-mail: jay.pecharroman@gmail.com

Received: 21 October, 2021; Accepted: 04 November, 2021; Published: 11 November, 2021

Citation: Pecharroman J (2021) Diabetic Retinopathy and its Serious Eye Conditions. Optom Open Access 6: 151.

Copyright: ©2021 Pecharroman J. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.