

Diabetic Retinal Diagnosis Report

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Patient Information

Name:	Test Patient	Age:	45
Sex:	M	Weight:	75.0 kg
Height:	175.0 cm	BMI:	24.49
Insulin:	12.0	Smoker:	False
Alcohol:	Low	Vascular Disease:	False

Diagnosis Findings

Left Eye:	Mild	Right Eye:	Mild
Confidence:	85.5%	Risk Score:	4.0

Condition Overview

Early-stage, non-specific ocular changes noted bilaterally (Left Eye: Mild, Right Eye: Mild). The diagnostic confidence is 85.5%, with a low associated risk score of 4.0.

Patient Assessment

- Patient: Test Patient, Male, 45 years old.
- BMI: 24.49 (Normal range).
- Insulin Level: 12.0 (Warrants further systemic evaluation).
- Lifestyle: Non-smoker, low alcohol consumption (Positive health factors).
- Systemic Health: No history of vascular disease.

Clinical Implications

- Mild bilateral ocular findings suggest early-stage changes, not currently impacting visual acuity or daily function.
- The low risk score indicates a favorable immediate prognosis.
- Elevated insulin levels, though without a formal diabetes diagnosis, suggest a need for vigilance regarding metabolic health, which can influence ocular well-being.

- Adherence to lifestyle recommendations is crucial to prevent potential progression.

Treatment Plan

- Lifestyle: Maintain current healthy habits (non-smoker, low alcohol). Emphasize a balanced diet rich in antioxidants and omega-3 fatty acids, and regular physical activity.
- Monitoring: Routine ophthalmic evaluations every 12-18 months, or as advised. Systemic monitoring of blood glucose, HbA1c, and lipid profile is recommended.
- Medical: No specific ophthalmic medications are indicated at this mild stage. Management focuses on optimizing systemic health.
- Follow-up: Schedule a follow-up ophthalmology visit as advised to reassess ocular status and discuss any changes in systemic health.

Life Impact

Currently, the mild ocular changes are not expected to cause significant impact on daily activities or vision. The focus is on proactive management and maintenance of overall health to prevent future complications.

Financial Considerations

Costs will primarily involve regular ophthalmic consultations, any recommended systemic laboratory tests, and potential over-the-counter nutritional supplements. Future costs may arise if the condition progresses and requires specific interventions.

Recovery Projection

With adherence to lifestyle recommendations and regular monitoring, the prognosis for stability of the ocular condition is favorable. The aim is to prevent progression and maintain current visual health. Complete 'recovery' from mild changes may not be applicable, but rather long-term stability.

Recommended Additional Assessments

- Fasting Blood Glucose and HbA1c: To thoroughly evaluate metabolic status given the insulin level.
- Lipid Panel: To assess cardiovascular risk factors.
- Blood Pressure Measurement: For comprehensive cardiovascular health assessment.
- Baseline Retinal Imaging: Fundus photography and potentially Optical Coherence Tomography (OCT) for objective documentation and future comparison.

Important Notice

This report provides an overview of your ocular health and recommendations. It is crucial to adhere to all advised lifestyle modifications, follow-up appointments, and systemic health monitoring. This information does not replace direct consultation with your healthcare providers. Seek immediate medical attention for any sudden changes in vision or ocular symptoms.