

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

You have been diagnosed with a mild ocular condition affecting both your left and right eyes. This is an early stage finding that currently does not threaten your vision, but warrants monitoring and proactive management to maintain ocular health.

Patient Assessment

- Age: 45-year-old male
- Bilateral mild ocular findings
- Healthy BMI (24.49)
- Non-smoker, low alcohol consumption
- No history of vascular disease
- Current risk score of 4.0 indicates low immediate risk for severe complications

Clinical Implications

- Early stage condition, currently non-vision-threatening
- Potential for slow progression if unmanaged

- Regular monitoring is essential to track any changes
- Proactive lifestyle and management can help preserve ocular health

Treatment Plan

- Lifestyle: Maintain a balanced diet rich in leafy greens and omega-3 fatty acids; ensure adequate hydration; protect eyes from UV radiation with sunglasses; practice screen breaks using the 20-20-20 rule.
- Monitoring: Annual comprehensive ophthalmologic examination, or sooner if new symptoms arise.
- Medical: No specific medical treatment is indicated at this mild stage.
- Follow-up: Schedule next appointment in 12 months for re-evaluation.

Life Impact

Minimal impact on daily life at present. Awareness and consistent adherence to lifestyle recommendations are crucial for maintaining ocular health and potentially preventing progression.

Financial Considerations

Primarily involves costs associated with routine ophthalmologic examinations and potential over-the-counter supplements, if advised by your doctor.

Recovery Projection

With consistent adherence to the recommended lifestyle modifications and regular monitoring, the prognosis is favorable for maintaining stability and preventing progression of the condition.

Recommended Additional Assessments

- Baseline optical coherence tomography (OCT) of the retina
- Fundus photography for documentation and future comparison
- Comprehensive visual acuity and refraction assessment

Important Notice

This report summarizes current findings and recommendations. It is not a substitute for direct medical advice or further consultation with your healthcare provider. Adherence to the treatment plan is essential for optimal outcomes.