

# Diabetic Retinal Diagnosis Report

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## Patient Information

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

## Diagnosis Findings

<b>Left Eye:</b>	Mild	<b>Right Eye:</b>	Mild
<b>Confidence:</b>	85.5%	<b>Risk Score:</b>	4.0

## Condition Overview

You have been diagnosed with a mild ophthalmological condition affecting both your left and right eyes. This indicates early changes that are not currently severe but warrant proactive management to maintain your ocular health and prevent potential progression.

## Patient Assessment

• 45-year-old male presenting with mild ophthalmological findings in both eyes. • Current health profile includes a healthy BMI (24.49), normal insulin levels (12.0), non-smoker status, and low alcohol consumption. • No history of vascular disease. • Diagnostic confidence is 85.5%, with a risk score of 4.0, indicating a generally favorable outlook with mild, early-stage changes.

## Clinical Implications

• Your current mild condition typically does not significantly impair vision at this stage. • There is a potential for progression if left unmonitored or unmanaged. • Early identification allows for proactive intervention to preserve long-term ocular health. • Requires consistent monitoring to detect any changes promptly.

## Treatment Plan

- **Lifestyle:** Maintain a balanced diet rich in antioxidants (e.g., leafy greens, fish), engage in regular physical activity, protect eyes from UV exposure with sunglasses, and take frequent breaks during screen time (20-20-20 rule).
- **Monitoring:** Annual comprehensive ophthalmological examinations are recommended to track the condition and detect any signs of progression.
- **Medical:** Currently, no specific medical treatments are required beyond lifestyle adjustments and vigilant monitoring.
- **Follow-up:** Schedule your next comprehensive eye examination in 12 months, or sooner if you experience any new or worsening visual symptoms.

## Life Impact

At this mild stage, the condition is expected to have minimal impact on your daily life or visual function. However, adherence to the recommended treatment plan is crucial to prevent future complications and maintain your quality of life.

## Financial Considerations

Anticipate costs primarily related to regular comprehensive ophthalmological examinations and potentially over-the-counter supplements if recommended. Future costs for specific treatments may arise only if the condition progresses.

## Recovery Projection

With adherence to recommended lifestyle modifications and consistent monitoring, the prognosis is generally favorable. The goal is to stabilize the condition and prevent progression, preserving your current level of vision for the long term.

## Recommended Additional Assessments

- **Baseline retinal photography** for future comparison.
- **Optical Coherence Tomography (OCT)** to assess retinal and optic nerve structure more precisely.
- **Visual acuity and refraction assessment** to monitor visual function.
- **Intraocular pressure measurement.**

## Important Notice

*This report summarizes your current ophthalmological status and recommended management. It is not exhaustive and should not replace direct consultation with your ophthalmologist. Always seek professional medical advice for any health concerns or before making decisions about your treatment.*