

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 mild ophthalmologic changes in both your left and right eyes. This indicates early-stage findings that require attention and ongoing management.

Patient Assessment

- 45-year-old male presenting with mild bilateral ophthalmologic changes.
- Body Mass Index (BMI) is 24.49, within the healthy range.
- Insulin level is 12.0. This warrants further investigation for potential insulin resistance or pre-diabetic states, which can impact ocular health.
- No history of smoking or vascular disease.
- Low alcohol consumption.
- Diagnosis confidence is 85.5%, with a calculated risk score of 4.0, suggesting a low to moderate risk for progression if unmanaged.

Clinical Implications

- Mild changes, while not immediately vision-threatening, indicate a need for proactive management to prevent progression.

- Elevated insulin levels are a significant systemic factor that can contribute to ocular microvascular changes over time.
- Close monitoring is essential to detect any worsening or new developments promptly.
- Early intervention through lifestyle modifications can significantly mitigate future risks.

Treatment Plan

- **Lifestyle:** Strict adherence to a balanced diet, regular physical activity, and maintaining a healthy weight. Focus on dietary choices that support stable blood glucose and insulin levels.
- **Monitoring:** Regular ophthalmologic examinations, typically every 6-12 months, or as advised. Systemic health monitoring with your primary care physician is crucial, especially regarding metabolic parameters.
- **Medical:** Currently, no specific ocular medication is indicated for 'mild' changes. Management is primarily focused on systemic health control. Consult with your primary care physician regarding your insulin levels and potential strategies to optimize metabolic health.
- **Follow-up:** Schedule your next ophthalmology visit in 6 months to re-evaluate your ocular status. Coordinate with your primary care physician for comprehensive metabolic assessment.

Life Impact

Currently, these mild changes are unlikely to affect your daily vision or activities. However, unaddressed underlying systemic factors, such as elevated insulin, could lead to progressive ocular issues over time. Proactive management now is key to preserving your long-term vision and quality of life.

Financial Considerations

Costs will primarily involve regular ophthalmologic follow-up examinations and potential additional systemic health tests ordered by your primary care physician. If progression occurs, more advanced treatments could incur higher costs.

Recovery Projection

With diligent adherence to lifestyle recommendations and close systemic health management, the current mild ocular changes can likely remain stable. However, without intervention, there is a risk of progression to more significant conditions. Our goal is to maintain stability and prevent further deterioration.

Recommended Additional Assessments

- Hemoglobin A1c (HbA1c) to assess long-term blood glucose control.
- Fasting blood glucose and lipid panel.
- Consultation with your primary care physician or an endocrinologist for comprehensive metabolic evaluation.

- Advanced retinal imaging (e.g., Optical Coherence Tomography) may be considered at subsequent visits if progression is suspected.

Important Notice

This report provides clinical information and recommendations based on current findings. It does not replace direct consultation with your healthcare providers. Adherence to prescribed treatment plans and follow-up schedules is crucial for optimal outcomes. If you experience any acute changes in vision or discomfort, seek immediate medical attention.