

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 ocular changes affecting both your left and right eyes. These findings indicate early signs of a specific ocular condition, which in your case, is presently in its least severe form. Our confidence in this diagnosis is 85.5%.

Patient Assessment

- 45-year-old male.
- Body Mass Index (BMI) of 24.49, which is within the healthy range.
- No history of smoking, low alcohol consumption, and no known vascular disease.
- Insulin level: 12.0.
- Diagnosis: Mild changes observed in both the left and right eyes, with a calculated risk score of 4.0.

Clinical Implications

- Given the mild stage, the immediate risk of significant vision loss is low.
- Potential for progression exists if not appropriately monitored and managed.
- Early detection at this stage allows for proactive intervention and lifestyle modifications to preserve ocular health.

- Regular follow-up is crucial to track any changes.

Treatment Plan

- Lifestyle: Maintain a healthy weight, adopt a balanced diet rich in antioxidants, engage in regular physical activity, and continue abstaining from smoking and limiting alcohol intake.
- Monitoring: Regular comprehensive ophthalmologic examinations are essential to monitor the condition. We recommend a follow-up schedule as outlined below.
- Medical: Currently, no specific medical treatment is typically required for this mild stage. Management focuses on lifestyle and monitoring.
- Follow-up: Annual comprehensive ophthalmologic examination, or sooner if any new symptoms arise.

Life Impact

At this mild stage, the condition typically has minimal impact on your daily life or visual function. Adherence to lifestyle recommendations and monitoring is key to maintaining this minimal impact long-term.

Financial Considerations

- Costs will primarily involve co-pays or deductibles for regular ophthalmologic examinations and any necessary diagnostic tests.
- Future costs could increase if the condition progresses and requires more intensive monitoring or interventions.

Recovery Projection

With proactive management, including adherence to lifestyle recommendations and regular monitoring, the prognosis is generally excellent. The goal is to stabilize the condition and prevent or slow progression, thereby preserving your vision long-term.

Recommended Additional Assessments

- Comprehensive Visual Acuity (VA) and Refraction
- Slit Lamp Biomicroscopy
- Dilated Fundus Examination (DFE)
- Optical Coherence Tomography (OCT) for baseline imaging
- Fundus Photography for documentation and comparison

Important Notice

This report is provided for informational purposes only and should not be considered a substitute for professional medical advice. Always consult your ophthalmologist or healthcare provider for personalized diagnosis, treatment, and medical advice.