

Eye exam for DIABETICS



Q. / How do I know if there is some problem with my eye?

A Visiting an eye doctor for eye examination is one of the best ways to know if you have any eye problem. You may have an eye damage with your vision being fine. You may not necessarily need glasses in case of eye damage. Getting your eyes checked regularly from an eye doctor can help diagnose eye problems early and prevent blindness.

Eye care provider are of following types:

- The one who makes the glasses and lens is known as **optician**. He also makes and fits contact lenses.
- Though not a medical doctor, an **optometrist** can detect and treat some eye conditions. He can also prescribe glasses and lenses to you.
- A medical doctor who is involved in detection and treatment of all of the diseases of eye is known as an **ophthalmologist**. He can also prescribe glasses and lenses and can even treat some severe eye problems.
- A specialist who is involved in treating only the problems associated with the retina is known a **retinal specialist**.



It is important for people having diabetes to get their eyes examined by an ophthalmologist or an optometrist ever year, since these professionals know about eye problems in diabetic people.

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Q / Which eye examinations do I need?

A Your doctor will perform an eye dilation exam. In this exam, your doctor will instil some drops in your retina. Upon instillation of the drops, the pupil or black part of your eye will get dilated which would enable the doctor to see the back of your eye and detect if any problems are present.

Q / When do I need an eye exam?

A Adults with type 1 diabetes

It is necessary for these people to get their eyes examined within 5 years of being diagnosed and thereafter every year.

Adults with type 2 diabetes

It has been observed that about 1 in 5 people with type 2 diabetes have some eye problem when they are diagnosed with diabetes. Therefore, it is very important for such people to have dilated eye exam as soon as diabetes is detected.

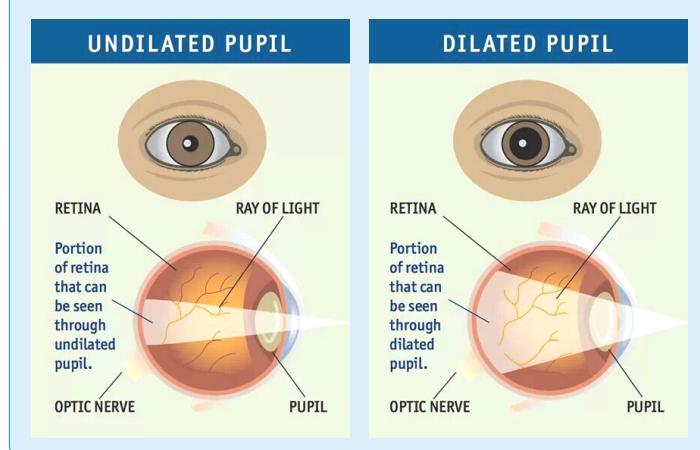
After your first eye exam, you should get your eye examined every year, although your doctor might suggest you to get your eye examined in every 3 or 4 years if you had a normal eye exam. You may need eye examinations more often than just once in a year if you are facing certain eye problems.

Diabetes and pregnancy

You must get complete eye examination if you are planning to get pregnant. Take consultation form your doctor to know what problems you might experience in your eyes during pregnancy.

Eye examination is needed in the first three months of pregnancy for a pregnant woman. After giving birth, eye examination is required once again for one year.

Before and After Your Pupil is Dilated



The beside picture demonstrates the portion of the eye which is visible to a doctor when a beam of light is projected through the pupil at the front of your eyes. The diagram clearly depicts that the doctor will be able to see more of the retina at the back of the eye when the pupil is dilated.