

EyeGuard AI - Diabetic Retinopathy Report

Date & Time: 2025-03-22 19:25:00

Diagnosis: No_DR



Medical Advice:

Your eyes show no signs of diabetic retinopathy. Continue a healthy lifestyle to prevent future complications.

Treatment:

No medical intervention required. Maintain yearly eye check-ups.

Recommended Foods:

Fruits like apples and oranges, green leafy vegetables, whole grains, lean proteins, and nuts.

Foods To Avoid:

Excessive sugar, processed foods, fried items, and excessive alcohol.

Exercise:

Daily 30-minute walks, yoga, cycling, and strength training to maintain overall health.

Doctor Visit:

Routine eye check-up once a year, or more often if you have diabetes.

Health Tips:

Maintain a balanced diet, monitor blood sugar regularly, avoid smoking, and stay physically active.

This report is generated by EyeGuard AI. Consult a doctor for medical advice.