

## EyeGuard AI - Diabetic Retinopathy Report

Image: 405\_left.png

Prediction: Severe

Date & Time: 2025-03-22 19:08:56

### **Medical Advice:**

Severe condition of diabetic retinopathy detected. There is a high risk of permanent vision loss. Immediate treatment and long-term management are crucial.

### **Recommended Food:**

Strict diabetic diet including high-fiber foods, lean proteins, healthy fats from fish, nuts, and seeds. Increase intake of antioxidants and vitamin-rich foods.

### **Foods to Avoid:**

No sugary, high-carb, or high-fat foods. Avoid excessive sodium, alcohol, and artificial sweeteners.

### **Health Tips:**

Regularly monitor blood sugar levels, adhere to medication as prescribed, practice relaxation techniques, and ensure routine ophthalmologic evaluations.

### **Doctor Visit Suggestion:**

URGENT: See a doctor immediately for intensive treatment, possible surgery, or further intervention to prevent blindness.

