

# EyeGuard AI - Diabetic Retinopathy Report

Date & Time: 2025-03-22 22:59:03



**Diagnosis: Mild**

## Medical Advice:

Early-stage diabetic retinopathy detected. Managing blood sugar is essential.

## Suggested Treatment:

No medical treatment needed yet. Lifestyle adjustments are highly recommended.

## Recommended Foods:

Oats, spinach, turmeric, carrots, nuts, seeds, whole grains, and lean proteins.

## Foods to Avoid:

Sugary drinks, refined carbs, excessive sodium, and processed foods.

## Exercise Recommendations:

At least 30 minutes of brisk walking or cycling daily.

## Doctor Visit Recommendation:

Visit an ophthalmologist every 6 months.

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