

## EyeGuard AI - Diabetic Retinopathy Report

Date & Time: 2025-03-22 19:20:02



**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.*