

Eye complications

Retinopathy

The small blood vessels that supply the light sensitive area of the eyes called retina can become damaged. This causes gradual damage of the retina. This is called retinopathy. The damage in the retina can manifest in two ways;

- The blood vessels grow out of control
- The blood vessels will become fragile and break. This causes fluid to seep and accumulate in the retina. This makes the retina to swell. This is called diabetic macula edema.

Retinopathy can lead to blindness if not detected on time.

Cataracts

Another eye complication that can occur because of type 2 diabetes is cataracts. This is a condition that occurs when the lens of the eyes become cloudy or opaque. Light does not pass through the lens and this leads to blindness.

Common signs and symptoms of eye complications

It is important to look out for these key signs of eye complications due to type 2 diabetes:

- Blurred vision
- Black curtains over vision
- Spots or floaters in vision
- Reacting poorly to bright light
- Experiencing sparks of light

Common signs and symptoms of eye complications

It is important not to wait to experience any eye symptoms before going to see the doctor. It is important to have an eye examination every year to detect eye changes very quickly. The following eye examinations can help to detect eye complications.

- A visual acuity test to test the ability of the eyes to see objects from a given distance
- Checking the inside and back of the eye to check for damages in the retina using a special equipment called ophthalmoscope
- A fluorescein angiogram (FA) taking pictures of the retina after injecting a special dye injected through the arm
- Taking special pictures of the retina using an optical coherence tomography (OCT) to identify damages very early