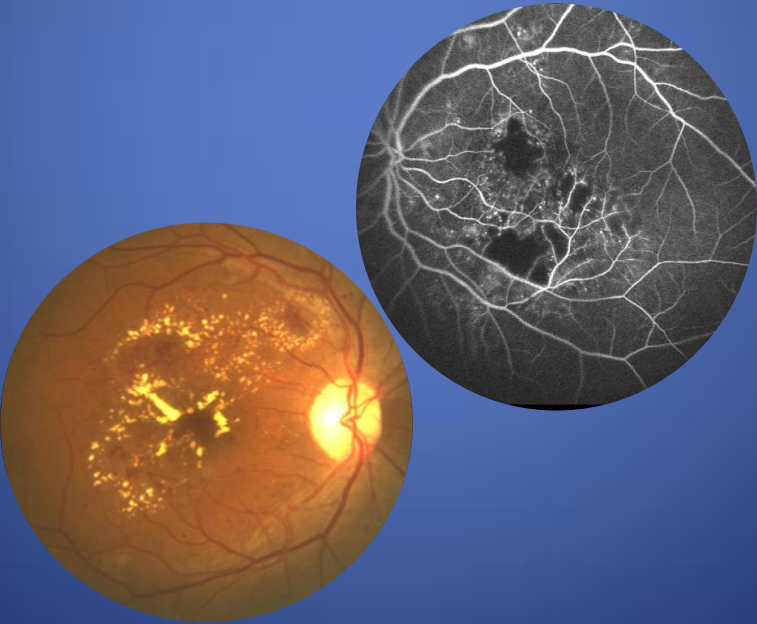


Diabetic Maculopathy

Patient Information Guide



Dr. Anil Kulkarni Eye Hospital

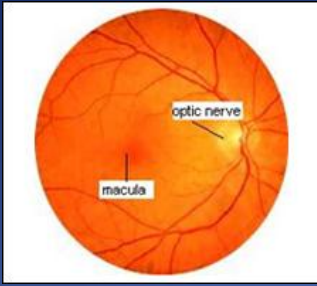


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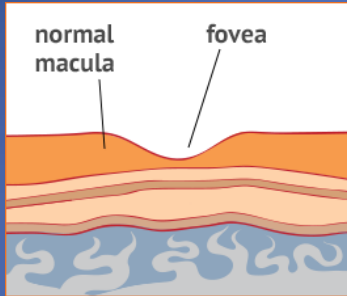
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What is the Macula?



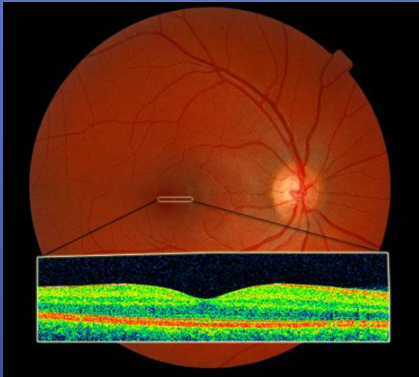
The retina is the thin film at the back of the eye that captures what we see. The macula is an area at the centre of the retina responsible for

sharpness of the vision and fine focussing. The normal macula appears indented. This can be



imaged using OCT – Optical Coherence Tomography which gives real time images equivalent to a biopsy. This is the most favored method of evaluating and monitoring treatment

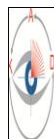
OCT scanning is routine OPD procedure and absolutely painless.



The picture above shows the normal macula with a normal OCT scan through the centre.



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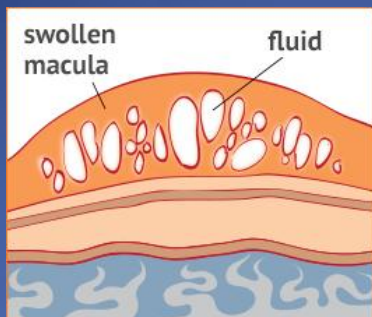
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What is Diabetic Maculopathy?

Diabetic Maculopathy or Diabetic Macular Edema (DME) is the swelling of the macula due to diabetes. In Diabetes, damaged blood vessels leak fluid into the macula. DME can cause blurry, washed-out vision.



DME is the most common cause of vision loss among people with diabetic retinopathy. About half of all people with diabetic retinopathy will develop DME.

Although it is more likely to occur as diabetic retinopathy worsens, DME can happen at any stage of the disease.

Who is at risk for DME?

Diabetes Type 1 or 2, higher risk with longer duration
Associated Hypertension or Elevated Cholesterol
Associated Kidney Disease
Constantly elevated Blood sugar levels and
Glycosylated hemoglobin (HbA1C)

What happens to the vision in DME?

Vision may be normal in the initial stages with some mild reading difficulties.
Once the centre of the macula is swollen the vision drops considerably.



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Is Diabetic Maculopathy treatable?

YES!

There are internationally approved therapeutic options for the treatment of DME.

- Anti VEGF injections
- Laser treatment.

What are AntiVEGF injections?

AntiVEGF drugs reduce the swelling in the retina (macula) thereby improving or maintaining the vision.

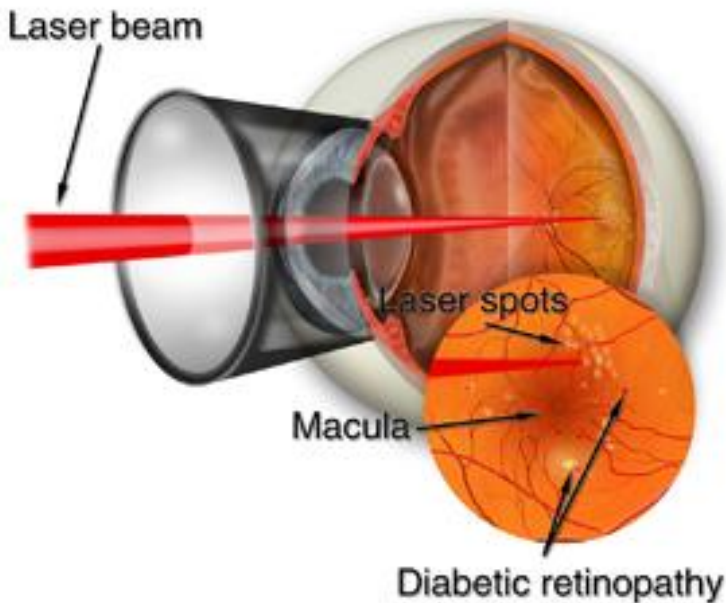


The anti-VEGF drugs are injected directly into the jelly-like substance that fills the back of the eye, which is called the vitreous. Before the injection, drops are used to numb the eye and a

speculum may be put in place to hold the eyelids out of the way. While it may seem scary to receive an injection into the eye, most patients find that they experience minimal discomfort.

Anti-VEGF treatment has made a significant impact on the vision and lives of people affected with these conditions.

What is Laser Therapy?



Laser light is used to close leaking blood vessels, preventing more fluid from entering the macula.

How does it work?

Tiny laser burns allow more oxygen and nutrients to reach the retina, which improves the blood circulation.

Are there any side effects?

Some people develop mild distortion and a temporary worsening of vision, or floaters but in most people this improves within a few weeks.

When can I see the effect of treatment?

Usually it is about 2 - 4 weeks before any effect of treatment can be seen.



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