

## What will the results mean?

If your results show no retinopathy or some background retinopathy, you'll be invited back for another screening in a year.

If your results show signs that retinopathy could affect your sight, you may be invited back for repeat retinal screening sooner than a year or you may be referred to an ophthalmologist (hospital eye doctor) at the hospital eye clinic for tests and possible treatment.

## Contact details for more information

### Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**, text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

### In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends.

All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the

### References:

[www.rnib.org.uk/sites/default/files/Understanding\\_eye\\_conditions\\_related\\_to\\_diabetes\\_2019.pdf](http://www.rnib.org.uk/sites/default/files/Understanding_eye_conditions_related_to_diabetes_2019.pdf)

[www.diabetes.org.uk/guide-to-diabetes/complications/retinopathy/how-is-retinopathy-treated](http://www.diabetes.org.uk/guide-to-diabetes/complications/retinopathy/how-is-retinopathy-treated)

# Managing Type 1 Diabetes

Keeping your eyes healthy



## Retinopathy - keeping your eyes healthy

### Eye disease (Retinopathy)

It's possible that diabetes won't cause any changes to your vision. However, Diabetes can affect your eyes in a number of ways. Whilst doing everything you can to prevent the changes from happening, if they do, identifying the problem early will help you to access treatment and reduce the risk of significant sight damage or loss.

### How does your eye work?

When you look at something, light passes through the front of your eye and is focused by the cornea and lens onto your retina. The retina is a delicate tissue that is sensitive to light. It converts the light into electrical signals that travel along the optic nerve to your brain. The brain interprets these signals to 'see' the world around you.

### What can go wrong?

**Cataracts-** Diabetes can cause your lens to go cloudy; having diabetes means this might develop sooner than it might do if you didn't have diabetes.

**Glaucoma-** This is often due to increased pressure in your eye, this causes pressure in the optic nerve, causing damage.

**Retinopathy-** Overtime, damage to blood vessels supplying the retina with energy affects how the retina works. How it can affect vision depends on the severity of the changes to the blood vessels.

### How can I reduce the risks?

Taking care of your eyes is an essential part of managing your diabetes. You can reduce your risk of developing retinopathy by:

- Attending all your medical appointments.
- Keep your blood glucose levels as close to target as possible.
- Attending yearly retinal screening appointments once you are over the age of 12 years.
- Not starting smoking, or getting help to stop smoking.
- Eating healthily and keep active.
- Maintaining good blood pressure and cholesterol with the help of the diabetes team.

### How do my eyes get checked?

It is advised that all children get their sight checked by an optician every 2 years. From the age of 12, as part of your diabetes annual review, your diabetes team or GP should arrange for you to have a retinal screening appointment. This may happen at your GP surgery, your local hospital, optician's practice, or another nearby clinic.

At this appointment you may have eye drops put into your eyes to dilate (widen) your pupils. This allows for a good view of your retina. You'll then have photographs taken of your retina using a digital camera. You'll see a flash when the photographs are taken but the camera won't touch your eye.

You won't get the results immediately as the photographs need to be studied by someone who is trained in identifying and grading retinopathy.