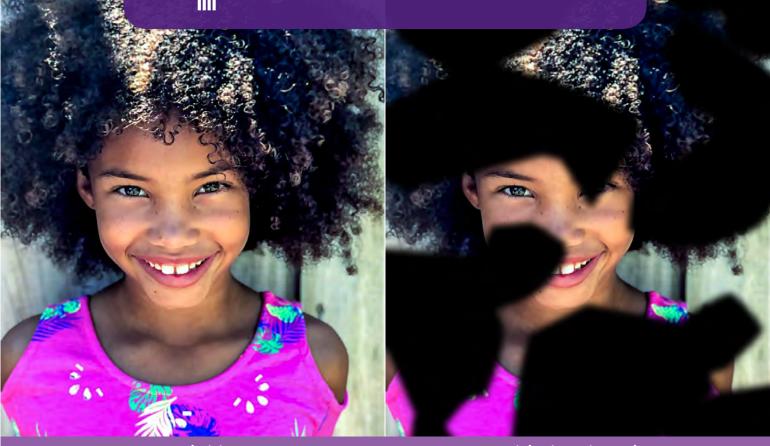
## ARC AUSTIN REGIONAL CLINIC



Normal Vision

**Diabetic Retinopathy** 

# When was your last vision check?

#### What is Diabetic Retinopathy?

Diabetic Retinopathy is the leading **cause of blindness** in all adults under 75. Early stages of diabetic retinopathy may present no symptoms. In later stages, you may experience:

- Decreased or distorted vision
- Blurriness
- Fluctuations in vision quality
- Difficulty seeing at night
- Seeing spots or "floaters," shadows, or blind spots

#### What causes this disease?

Diabetic Retinopathy occurs when blood vessels of the retina undergo changes. In some people, the retinal blood vessels may swell and leak fluid. In others, abnormal new blood vessels grow on the surface of the retinas resulting in vision loss or blindness.

#### Is it preventable or treatable?

Fortunately, with today's therapies, over 90% of vision loss is preventable or treatable. Screening is easy, takes less than five minutes to complete, and does not require any pupil dilatation or eye protection.

Although all patients with diabetes are at risk of developing diabetic retinopathy, you may greatly reduce your risk. Better control of blood sugar slows the onset and progression of retinopathy and lessens the need for laser surgery for severe retinopathy.

While diabetic retinopathy is a serious condition, if caught early it can be treated and may even prevent the loss of eyesight. It is important to stay up to date on eye screenings, especially for patients with diabetes.

Schedule your lab visit at **ARCAppointments.com** 

See back of flyer for a full list of locations with this service available.

### **ARC Diabetic Retinopathy Screening Locations**

