

Diabetes eye health

A guide for health
professionals

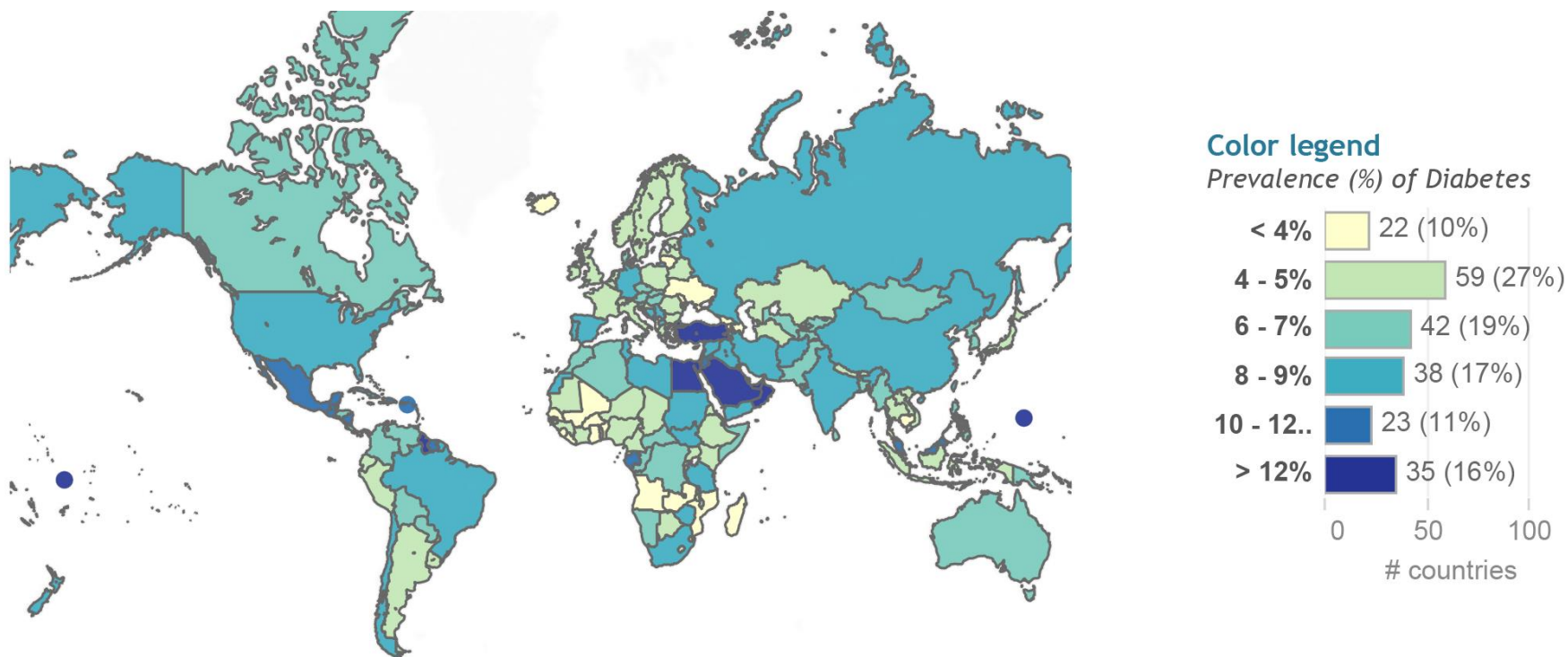
www.idf.org/eyehealth



Diabetes eye health



Prevalence of Diabetes in Adults (20-79 years), 2015



415 million adults with diabetes worldwide, or 1 in 11 adults

Almost
80% of diabetes cases
occur in low / middle
income countries

- 46.5% of cases are undiagnosed, likely higher % in low/middle income countries.
- 90% of cases are Type 2 Diabetes.
- Factors: Lifestyle, culture, industrialisation, urbanisation, availability & affordability of processed foods, genetics.

More than **93 million** people
suffer some sort of **eye damage**



More than **One in three** living with diabetes will develop diabetic retinopathy

Diabetes eye health: A guide for health professionals

- Produced by The Fred Hollows Foundation and the International Diabetes Federation
- Co-written by a working group of professionals from the diabetes and eye health sectors
- A practical Guide for health professionals



Key messages of the guide

Managing eye health in people with diabetes - Strategies for Health Professionals

1. Control Diabetes
2. Personalise management
3. Encourage lifestyle modification
4. Facilitate social support
5. Regular Eye Examinations



Timing of Eye Screening

	Type 1 Diabetes	Type 2 Diabetes	Gestational Diabetes
Initial	Five years after diagnosis of diabetes	As soon as possible after diagnosis of diabetes	As soon as possible after diagnosis of diabetes
Ongoing	Every one to two years	Every one to two years	If diabetes resolves after pregnancy, no further screening needed

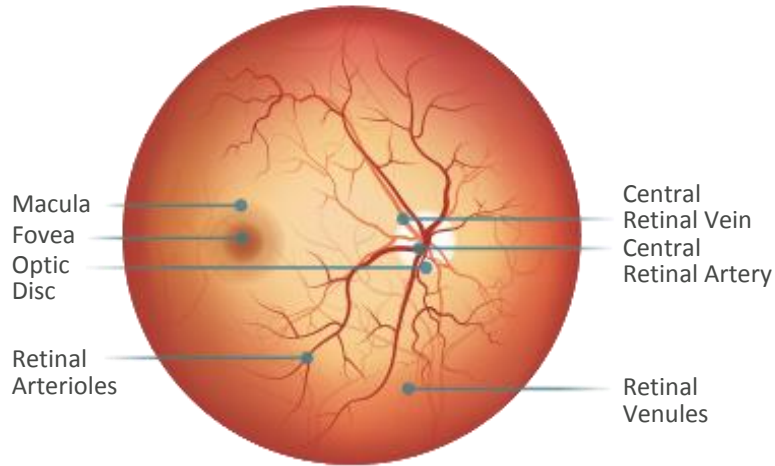
Detecting diabetic retinopathy in patients with diabetes

1. Medical history
2. Regular eye examinations
3. Take action If Diabetic Retinopathy Is detected

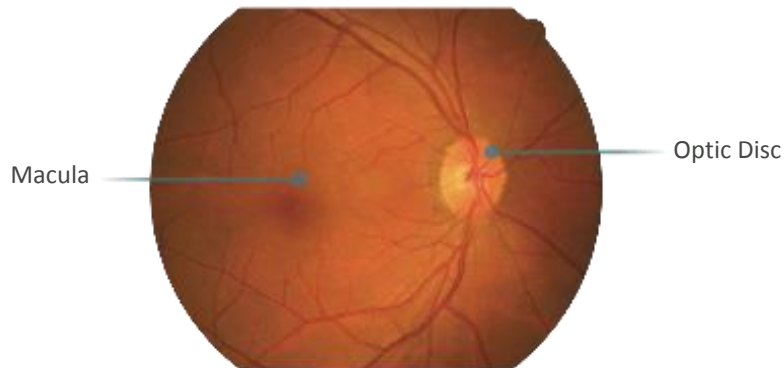
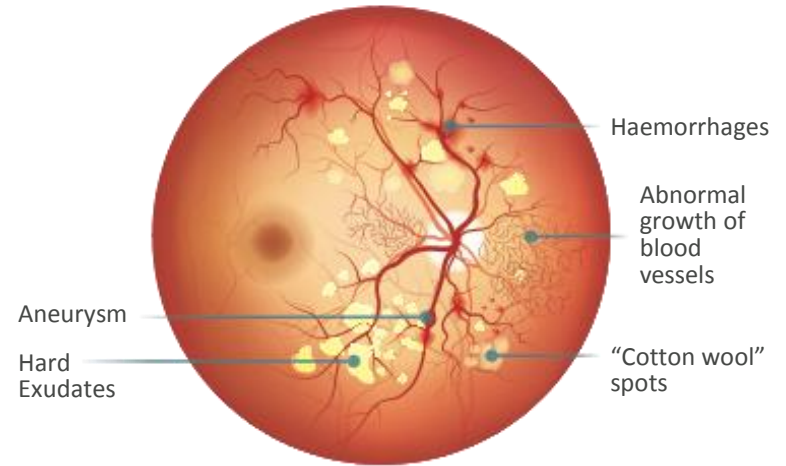


Screening and photo grading services, Indonesia. Photo: Dwi Ananta, HKI. CC BY-NC 2.0 CEHU

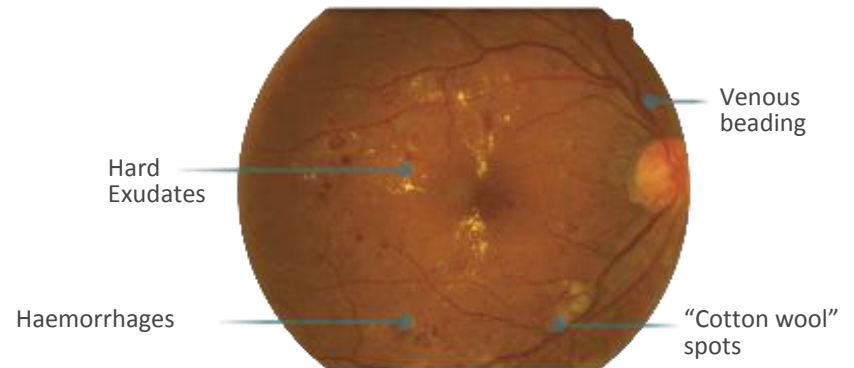
Normal retina



Diabetic retinopathy



Normal retina



Severe non-proliferative diabetic retinopathy with severe diabetic macular edema

Source: Singapore Eye Research Institute

A woman in traditional beaded jewelry is having her eye examined with a handheld device. Another person is visible in the background, also wearing traditional attire.

Everyone with Diabetes is at risk of Diabetic Retinopathy

Increasing need for health professionals to **consider** the possibility of diabetic eye disease **before symptoms begin**

Diabetic Retinopathy **asymptomatic**

People with diabetes **need to be supported** to play an **active role** in managing their diabetes

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