



Diabetic retinopathy



We acknowledge Holly McLennan - Brown for the use of her artwork.

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What is diabetic retinopathy?

Diabetic retinopathy can occur if you have diabetes. This eye problem affects the retina, which is at the back of the eye.

The retina helps you see things. It notices the light that gets into your eye and sends details of what you're seeing to the brain.

At the start, this eye problem will be very hard for you to notice, however an optometrist can tell. That's why regular checks are important to protect your eyes.




Diabetic retinopathy causes vision loss and in some cases blindness.

Signs of diabetic retinopathy

- Things will look blurry.
- You might see black spots.
- It will be hard for you to see faces, watch TV or read.
- It will be hard to see at night.

People who have high blood pressure, kidney problems and diabetes for a long time can get this eye problem.

Reducing your chances of getting diabetic retinopathy

-  Go to an optometrist regularly, even if you are happy with your eyes.
-  Take your medications.
-  Eat healthy and control your diabetes.

How to get help

Your eye doctor can tell you the treatments that are best for you. Eye surgery and medication are some ways that may help manage diabetic retinopathy.

It is best to have a yarn with them to learn what is best for you and ensure you attend regular check ups.

Contact Vision Australia

Vision Australia helps people who are blind or have low vision live the life they choose. Some of the ways we can help you include:

- Visual aids to improve your remaining vision.
- Advice around specialised equipment.
- Strategies to do daily tasks independently.

