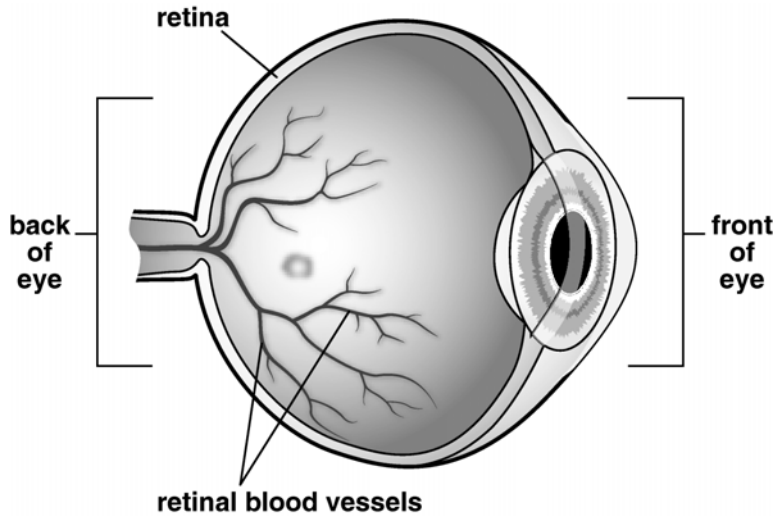


Diabetic Retinopathy

Diabetic retinopathy is an eye problem that can cause blindness. It occurs when high blood sugar damages small blood vessels in the back of the eye, called the retina. All people with diabetes are at risk for this problem. There are things you can do to reduce your risk and prevent or slow vision loss.



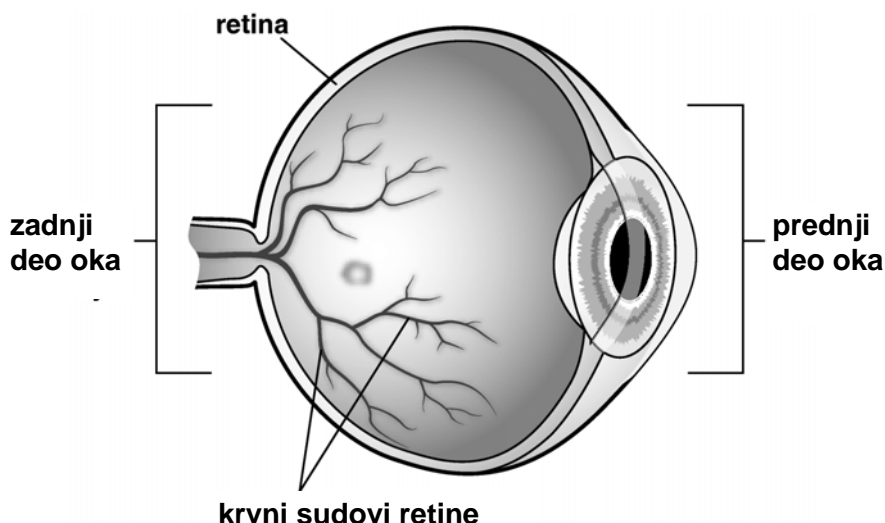
Diabetic retinopathy can affect both eyes. You may not have any signs at first. As it worsens, blood vessels weaken and leak blood and fluid. As new blood vessels grow they also leak causing blocks in your vision.

Signs of Diabetic Retinopathy

- Floating spots in your vision
- Blurred vision
- Blocked or hazy vision

Dijabetička Retinopatija

Dijabetička retinopatija je problem oka koji može prouzrokovati sljepilo. Javlja se kada visoki krvni šećer ošteti kapilare u pozadini oka, koja se naziva retina. Osobe koje imaju dijabetes su izložene riziku ovog problema. Postoji nekoliko stvari koje možete uraditi kako bi ste smanjili rizik pojavljivanja ovog problema i smanjili gubitak vida.



Dijabetička retinopatija može napasti oba oka. U početku ne morate imati nikakve simptome. Kada se problem poveća, krvni sudovi oslabe i počinju propuštati krv i tekućinu. Prilikom formiranja novih krvnih sudova opet dolazi do curenja što prouzrokuje blokiranje vida.

Znakovi Dijabetičke Retinopatije

- Plutajuće tačkice u vidnom polju
- Zamagljen vid
- Blokiran ili mutan vid

Your Care

To help reduce your risk of vision loss:

- Keep your blood sugar levels well controlled. This is one of the best ways to protect your vision. Work with your doctor, nurse and dietitian.
- Keep your blood pressure and blood cholesterol levels normal. You may need to take medicine.
- Have an eye exam each year by an eye specialist that includes eye dilation. An eye exam can detect early changes before you have any signs.
- Call your doctor if you have any changes in your vision.

There is no cure for diabetic retinopathy, but laser treatment or surgery may be done to prevent or slow vision loss.

Talk to your doctor or nurse if you have any questions or concerns.

Vaša Pažnja

Da bi ste pomogli smanjiti rizik gubitka vida:

- Održavajte nivo šećera u krvi pod kontrolom. Ovo je jedan od najboljih načina da zaštitite vid. Suradujte sa vašim doktorom, medicinskom sestrom ili dijetetičarom.
- Održavajte tlačni pritisak i kolesterol u normalnim granicama. Možda je potrebno da uzimate lijekove.
- Testirajte vaše oči svake godine kod specijaliste za oči te tražite pregled proširenja rožnjača. Očni pregled može otkriti rane promjene i prije nego osjetite bilo kakve smetnje.
- Pozovite doktora ukoliko primjetite promjene u vidu.

Ne postoji lijek za dijabetičku retinopatiju ali laserski tretmani ili operacija mogu pomoći pri prevenciji iste ili usporiti gubitak vida.

Razgovarajte sa doktorom ili medicinskom sestrom ukoliko imate bilo kakvih pitanja ili briga.

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Diabetic Retinopathy. Bosnian