

糖尿病视网膜病

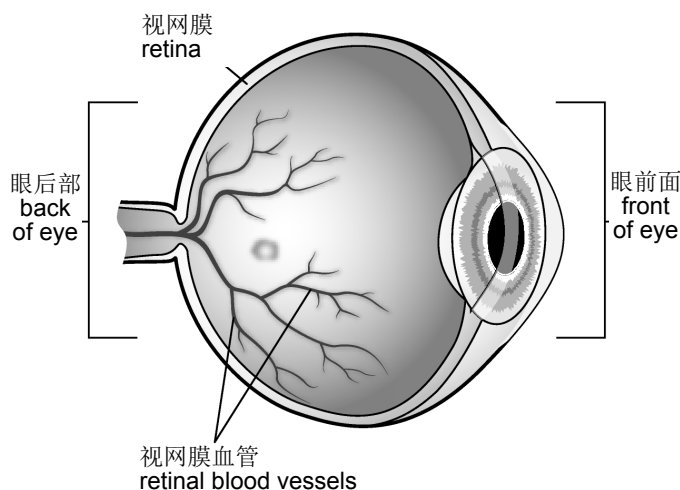
Diabetic Retinopathy

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 blood and fluid. This causes blocks in your vision.

Signs of diabetic retinopathy

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



糖尿病视网膜病是可能致盲的眼病。高血糖伤及眼底（即视网膜）的细微血管，此即糖尿病视网膜病。所有糖尿病患者均有患此病的风险。糖尿病患者可采取措施来降低患此病的风险，预防或延缓视力减退。

糖尿病视网膜病可能会影响双眼。患病初期可能没有任何症状。随着病情的加重，血管强度逐渐降低，血和体液漏出血管。新血管长出后，也会泄漏血液和体液，导致视觉受阻。

糖尿病视网膜病的症状

- 眼前出现浮动的斑点
- 视物模糊
- 视觉受阻或朦胧

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.

护理

为了降低视力减退的风险:

- 控制好血糖水平。这是保护视力的最佳手段之一。请配合医生、护士和营养师。
- 将血压和血胆固醇控制在正常水平。可能需要服药。
- 每年请眼科医生检查一次眼睛，包括散瞳检查。眼检可在出现症状之前及早发现病变。
- 如果视力有任何变化，打电话给医生。

糖尿病视网膜病目前还无法治愈，但可通过激光治疗或手术来预防或延缓视力减退。

若有任何疑问或担心，请告知您的医生或护士。