

Risk Reduction advise for Diabetic Eye Disease

What can be done to prevent or reduce the risk of developing eye problems?

Several studies have clearly shown that three factors, Blood Pressure, long term Diabetic control and Cholesterol, have a major influence on whether you develop eye disease and blindness.

Blood Pressure

The Previous Recommended target Blood Pressure was 165/85mmHg. The new guidelines from British Hypertensive Society, British Diabetic Association and NICE is 140/80 mmHg.

What Can I do

1. Know what your Blood Pressure reading is, Ask your Doctor what it is and work with him to reduce the Blood Pressure to this level.
2. Have your Blood Pressure regularly checked.
3. Consider having a Home Blood pressure Monitor, there are many automatic ones advertised for home use.

It is your responsibility to ensure your blood pressure is as well controlled as possible.

Diabetic Control

This is important and the Doctors look at the blood test called HbA1C. This is short for glycosylated Haemoglobin. This measures how much sugar is attached to the red blood cells and measures your changing sugar levels over weeks compared to the spot measure you take on your home monitoring machine which just measures the level at that moment.

How is this measured?

Both HbA1C and Cholesterol levels are measured with a blood test that the clinic will do.

What Should I do?

1. Ensure you know what your HbA1C level and Cholesterol level is.
2. If the HbA1C it is more than 7.1 % or 47mmol/l, or your Cholesterol is high, talk to your Diabetic physician about ways of reducing this.
3. Bring the result with you to the Eye Clinic so that we may know the result.

Ensuring you meet these targets of HbA1C of 7.1%, Blood Pressure below 165/80 mmHg and your Cholesterol is not high, will significantly reduce the risk of you losing your vision.

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