



Eye Monitoring Program

Taking care of your vision

Welcome to Kaiser Permanente Southern California's Eye Monitoring Program

Diabetic Retinopathy

Diabetic retinopathy is a complication of diabetes that affects the eyes. It's caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina).

Diabetic retinopathy may cause no initial symptoms or may only cause mild vision problems, but it can result in blindness.

Diabetic retinopathy can develop in people who have type 1 or type 2 diabetes. Diabetic retinopathy may be classified as early (moderate) or advanced, depending on your signs and symptoms.

Frequently Asked Questions

What causes Diabetic Retinopathy?

Too much sugar in your blood can damage the tiny blood vessels that nourish the retina. It may even block them completely. As more and more blood vessels become blocked, the blood supply to the retina is cut off. In response to the lack of blood supply, the eye attempts to grow new blood vessels. But, these new blood vessels don't develop properly and can leak easily. Leaking blood vessels can cause loss of vision.

What are the symptoms?

It's possible to have diabetic retinopathy and not know it. In fact, it's uncommon to have symptoms in the early stages of diabetic retinopathy. As the condition progresses, you may experience spots in your vision (floaters) or blurred vision.

How can I prevent Diabetic Retinopathy?

If you have diabetes, reduce your risk of getting diabetic retinopathy by doing the following:

- Make a commitment to managing your diabetes
- Monitor your blood sugar level
- Keep your blood pressure and cholesterol under control
- Monitoring your eyes as recommended

Careful management of your diabetes is the best way to prevent vision loss. If you have diabetes, please make sure that you keep your monitoring appointments with the Eye Monitoring Program.



Call the Eye Monitoring Program at 1-855-878-6404.

Our staff will be pleased to speak with you, answer your questions, and coordinate a visit if one is needed.

