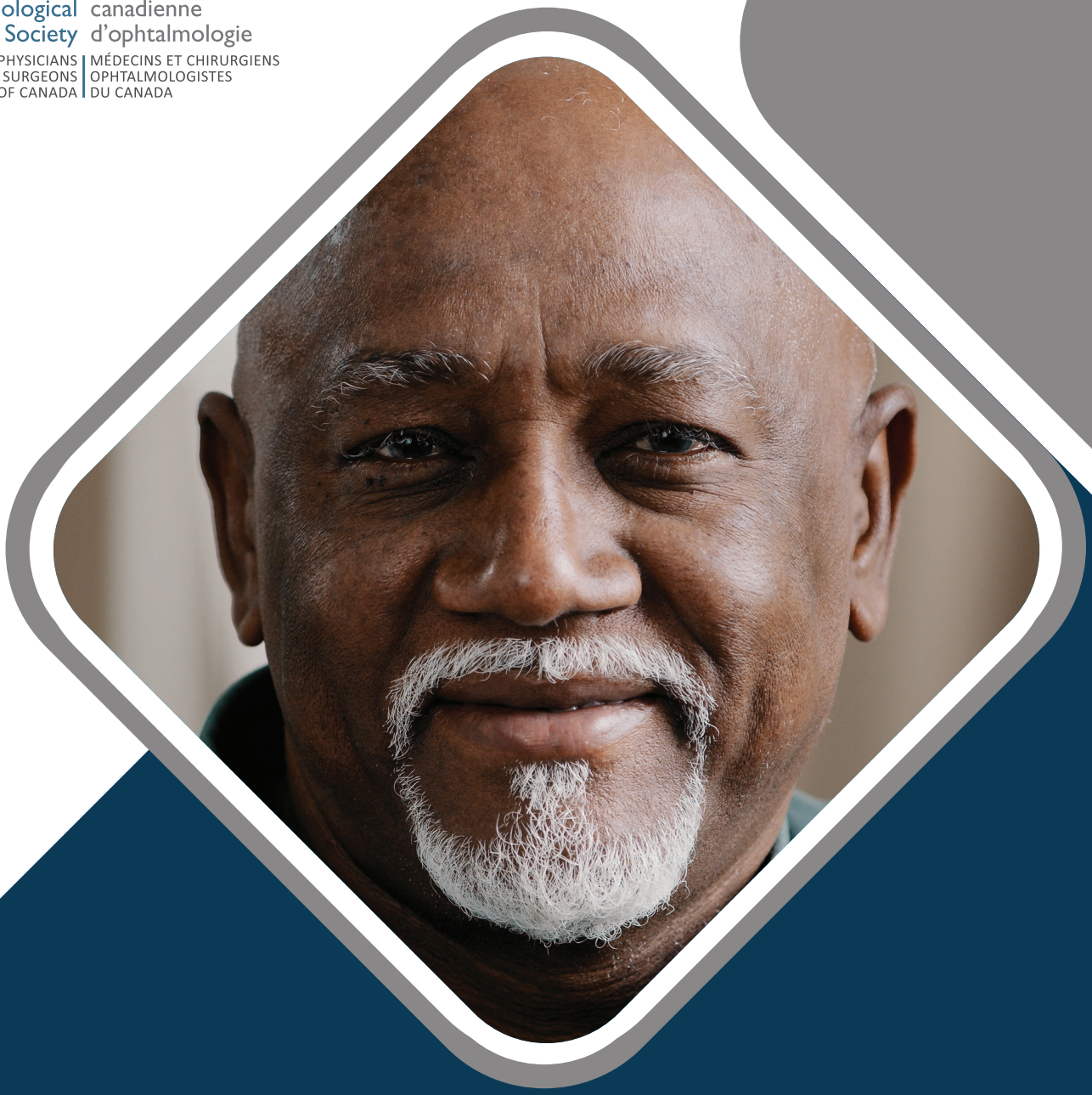
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EYE PHYSICIANS AND SURGEONS OF CANADA | MÉDECINS ET CHIRURGIENS OPHTALMOLOGISTES DU CANADA



LIVING WITH PROLIFERATIVE DIABETIC RETINOPATHY

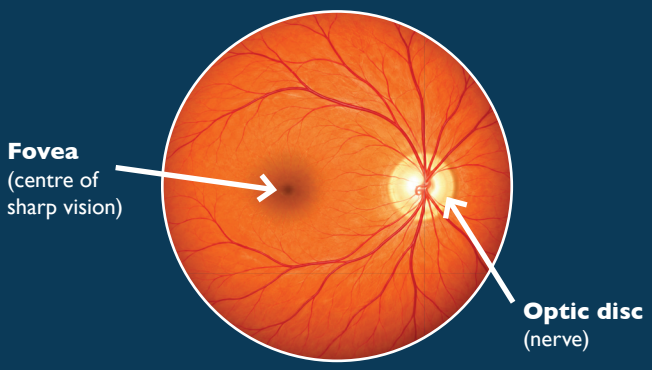
A guide after laser treatment

Good treatment and daily care can help protect your vision for years to come.

What is proliferative diabetic retinopathy?

Proliferative diabetic retinopathy (PDR) is an advanced stage of diabetic eye disease. When blood vessels in the retina become damaged, new, abnormal blood vessels begin to grow.

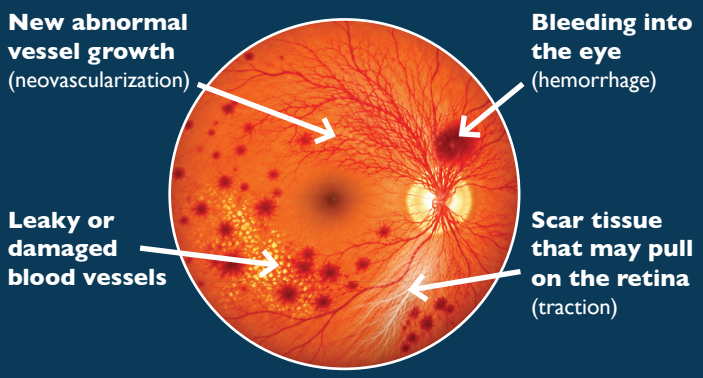
NORMAL RETINA



The retina has a healthy network of blood vessels that brings oxygen and nutrients to keep your vision sharp.

Healthy blood vessels – no leakage or scarring

PROLIFERATIVE DIABETIC RETINOPATHY



When parts of the retina do not get enough oxygen, abnormal new blood vessels grow. These vessels are fragile and can bleed or form scar tissue.

New, abnormal blood vessels – at risk for bleeding, scar tissue, and vision loss

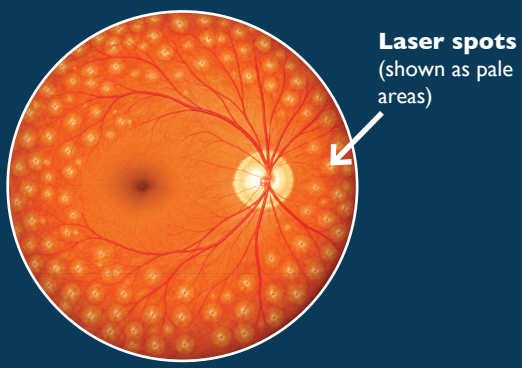
How is proliferative diabetic retinopathy treated?

Proliferative diabetic retinopathy is treated with a laser in a procedure called panretinal photocoagulation (PRP). PRP helps to shrink the new, abnormal blood vessels and reduce the risk of bleeding in the eye. This type of laser surgery can help prevent severe vision loss. Other treatments, such as injections in the eye, may also be recommended depending on your individual condition.

Laser treatment reduces the risk of severe vision loss, but is *not* a cure.

Even after treatment, new blood vessels can develop again. Continue regular eye exams and follow your treatment plan.

AFTER PANRETINAL LASER TREATMENT



During a PRP procedure, your eye surgeon (ophthalmologist) places hundreds to thousands of tiny laser burns in the areas of the retina away from the macula. This treatment helps abnormal blood vessels shrink.

Red flag symptoms of proliferative diabetic retinopathy – Get urgent eye care

Contact your eye doctor immediately or go to the nearest emergency department if you notice any of these symptoms.



Sudden shower of dark spots



Flashing lights in one or both eyes



Curtain or shadow in your vision



Sudden blurred vision



Sudden loss of part or all of vision



Eye pain or redness with vision changes

These symptoms may mean bleeding in the eye or a retinal detachment.

Immediate treatment gives you the best chance to protect your vision.

Your action checklist after PRP

Small steps every day can help prevent vision loss from diabetic retinopathy



KEEP YOUR BLOOD SUGAR IN RANGE

High blood sugar damages the tiny blood vessels in your retina over time.



CONTROL YOUR BLOOD PRESSURE

High blood pressure puts extra stress on weakened retinal vessels.



MANAGE YOUR CHOLESTEROL

High cholesterol can worsen deposits and blockages in retinal vessels.



DO NOT SMOKE

Smoking accelerates blood vessel damage and reduces oxygen to the retina.



KEEP EVERY EYE APPOINTMENT

Regular exams can detect new vessel growth early and help prevent further vision loss.



WORK WITH YOUR HEALTHCARE TEAM

Your eye doctor (optometrist), eye surgeon (ophthalmologist), family doctor, and diabetic care team work together to protect your eyes.

Good daily care + regular check-ups = your best protection for the future.

See The Possibilities

A resource for the Canadian public on the topics of vision health, serious eye diseases, and what the Canadian Ophthalmological Society is doing to promote eye health for everyone.

www.seethepossibilities.ca

Developed by Dr. Nina Ahuja, M.D., FRCSC, Ophthalmologist.