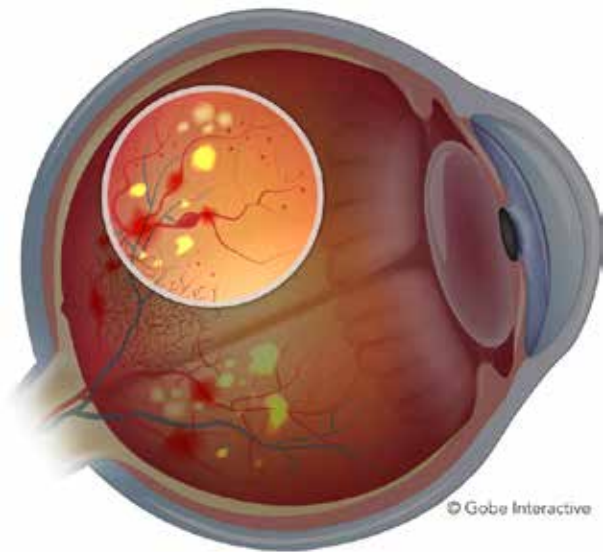




Diabetic Retinopathy

Patient Checklist: Important Questions to Ask your Doctor



What is diabetic retinopathy?

Diabetic retinopathy is a complication of diabetes (type 1 or 2) that damages the retina, a tissue in the back of the eye. Elevated blood sugar from diabetes damages the blood vessels and light sensitive parts of the retina.

It is possible to have diabetic retinopathy without any symptoms. It is also possible for symptoms appear and then resolve. Dilated eye exams are important for people with and without symptoms.

Symptoms may include:

- Blurred or double vision
- Difficulty reading
- Dark spots, shadows or streaks in vision
- Faded color vision
- Difficulty with vision at night (Example: night driving)
- Difficulty with low light situations (Example: reading a menu in a dimly lit restaurant)

Below you will find a list of helpful questions to ask your doctor.



✓ Checklist

Primary Care Provider:

1. What is my hemoglobin A1c? Is my diabetes well controlled?
2. How often should I be checking my blood sugar?
3. Could seeing a registered dietician or nutritionist be helpful in controlling my blood sugar and/or weight? Who do you recommend?
4. Smokers: Can you help me quit smoking?
5. When should I return to see you?

Eye Care Provider:

1. Do I have retinopathy and what stage? Do I have macular edema?
2. If there is retinopathy: Do I need treatment for my retinopathy?
3. What can I do to help maintain my best level of vision?
4. When should I return to see you?
5. For people with reduced vision: Could a low vision specialist help me? Who do you recommend?

This checklist is intended for use as a patient aid to assist with your patient/doctor consultation. This is not an all-inclusive list of questions and does not constitute medical advice; nor is it intended to be a substitute for professional medical evaluation, diagnosis or treatment.