

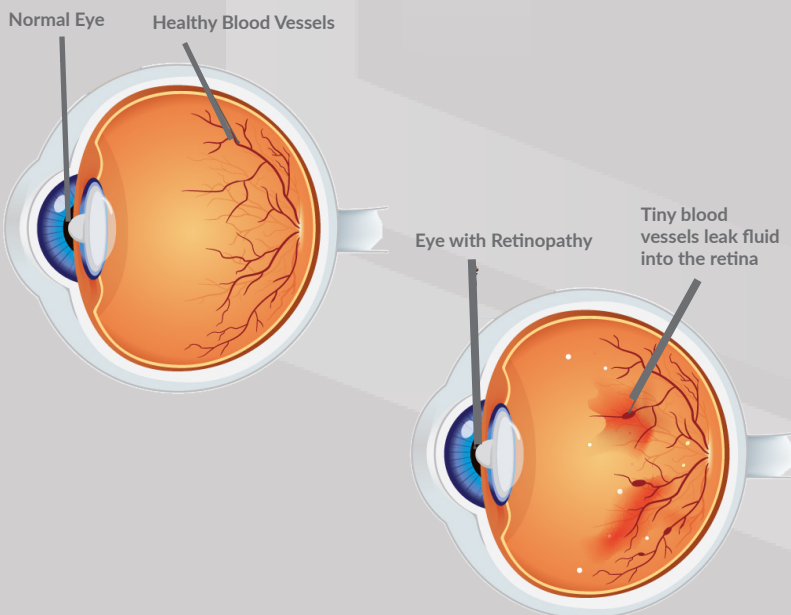
A Quick Guide to Retinopathy

What is Retinopathy?

Retinopathy is the leading cause of preventable blindness. It is caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina).

People who are living with diabetes are at an increased risk of developing retinopathy due to high blood sugar levels, which can cause more damage to these blood vessels. Treatments are available and can prevent blindness if retinopathy is caught early on.

Normal Eye Vs. Eye with Retinopathy



Symptoms of Retinopathy

- Blurred vision
- A sudden shower of black “floaters” (black or grey specks or strings) in your vision
- Fluctuating vision
- Dark or empty areas of vision

When Should You See a Doctor?

You should contact your doctor *immediately* if you notice any changes in your vision. *Regular, annual dilated eye exams are the best way to catch retinopathy early on.* The treatments below can improve and slow the rate of disease progression when caught early enough.

Treatment Options

- Injectable medications
- Laser therapy
 - **Focal Laser Treatment:** Can stop or slow blood and fluid leakage in the eye.
 - **Scatter Laser Treatment:** Can shrink abnormal blood vessels in the eye
- **Vitrectomy:** Surgical procedure to remove blood from the middle of your eye (vitreous), as well as scar tissue that’s tugging on the retina

Need to Schedule Your Dilated Eye Exam?

Contact Arizona Care Network’s concierge by calling 602.406.7226 or emailing members@azcarenetwork.org for help scheduling an appointment. You can also use our [Find a Doc tool](#) to locate an in-network ophthalmologist or optometrist near you.



Source: <https://eyehealth.diabetes.org/what-is-retinopathy.html>