Diabetic Eye Disease

Diabetic eye disease is a group of eye problems that can affect people with diabetes. These conditions include diabetic retinopathy, diabetic macular edema, cataracts, and glaucoma.

The best ways to manage your diabetes and keep your eyes healthy are to

- manage your blood glucose, blood pressure, and cholesterol, sometimes called the diabetes ABCs
- If you smoke, get help to quit smoking
- have a dilated eye exam once a year

Your eyes may seem fine, but having a full, dilated eye exam is the only way to know for sure. A full, dilated eye exam helps your doctor find and treat eye problems early—often before much vision loss can occur.

Diabetic Retinopathy

The retina is the inner lining at the back of the eye which senses light and turns it into signals that your brain decodes, so you can see. In early diabetic retinopathy (called early nonproliferative diabetic retinopathy), blood vessels can weaken, bulge, or leak into the retina. These abnormal new blood vessels can lead to serious vision problems.

Diabetic macular edema

The part of your retina that you need for reading, driving, and seeing faces is called the macula. Diabetes can lead to swelling in the macula, which is called diabetic macular edema. Over time, this disease can destroy the sharp vision in this part of the eye, leading to partial vision loss or blindness.

Glaucoma

Glaucoma is a group of eye diseases that can damage the optic nerve—the bundle of nerves that connects the eye to the brain. Diabetes doubles the chances of having glaucoma, which can lead to vision loss or blindness if not treated early. Symptoms depend on which type of glaucoma you have. People with glaucoma slowly lose side vision.

Cataracts

The lenses within our eyes are clear structures that help provide sharp vision—but they tend to become cloudy as we age. People with diabetes are more likely to develop cloudy lenses, called cataracts. People with diabetes can develop cataracts at an earlier age than people without diabetes. Researchers think that high glucose levels cause deposits to build up in the lenses of your eyes.

Symptoms of Diabetic Eye Disease

Often there are no early symptoms of diabetic eye disease. When symptoms do occur, they may include

- Blurry vision
- Frequently changing vision—sometimes from day to day
- Dark areas or vision loss
- Poor color vision
- Spots or dark strings (also called floaters)
- Flashes of light

Talk with your eye doctor if you have any of these symptoms, or other symptoms right away.

~Adapted from https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/diabetic-eye-disease

For help quitting smoking contact:

Kentucky’s Tobacco Quitline:
1-800-QUIT NOW
(1-800-784-8669)
Or visit the website:
www.QuitNowKentucky.org
Berry Crisp

Prep Time: 15 Minutes

INGREDIENTS:
Nonstick cooking spray
1 pint blueberries
1 pound sliced strawberries
2 tablespoons lemon juice
1 teaspoon grated lemon zest
2 Tablespoons plus 1 tablespoon (divided) of Splenda® Sugar Blend
1 1/2 Tablespoon corn starch
1 teaspoon ground cinnamon
1 cup oatmeal
4 tablespoons trans-fat-free margarine (diced)
3 Tablespoons of Splenda® Brown Sugar Blend
1/2 cup chopped pecans

DIRECTIONS:
1. Preheat oven to 350 degrees Fahrenheit. Spray a 9-inch pie pan with cooking spray.
2. In a medium bowl combine the berries, lemon juice, lemon zest, 2 Tbsps. Splenda® Sugar blend, corn starch, and cinnamon. Mix well and pour into pie pan.
3. In another medium bowl, combine oatmeal, margarine, remaining 1Tbsp. of Splenda Sugar Blend, 3 Tbsps. of Splenda Brown Sugar Blend, and pecans.
4. Sprinkle the crisp topping mixture evenly over the berries. Bake for 55 minutes or until the top is brown and the fruit is bubbly. Sever warm.

Nutrition Information: Servings 8; Serving size: 1/8 of recipe; Calories 210, Total Fat 11g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 0mg; Sodium 50 mg; Total Carbohydrate 28g (Dietary Fiber 4g); Protein 3g

https://www.diabetesfoodhub.org/recipes/berry-crisp.html