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糖尿病視網膜病是可能致盲的眼病。高血糖傷及眼底（即視網膜）的細微血管，此即糖尿病視網膜病。所有糖尿病患者均有患此病的風險。糖尿病患者可採取措施來降低患此病的風險，預防或延緩視力喪失。

糖尿病視網膜病可能會影響雙眼。患病初期可能沒有任何症狀。隨著病情的加重，血管強度逐漸降低，血和體液漏出血管。新血管長出後，也會漏出，導致視力受阻。

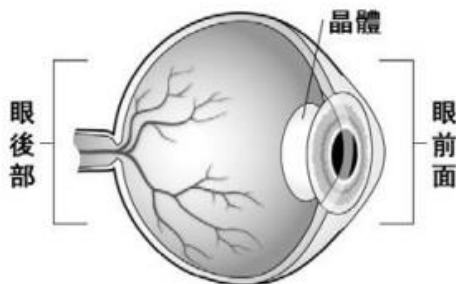
### 成因

- 糖尿病
- 高血壓
- 高血脂
- 吸煙

### 徵兆和症狀

早期沒有明顯的病徵，一旦病程進一步影響視網膜，病徵會開始出現以下症狀：

- 視力出現浮動的斑點
- 視力模糊
- 視力受阻或朦朧



### 治療

治療以控制病情，防止惡化為主。病者必須定期作眼部檢查，以便及早發現新病變，有助治療。病者或需接受多種檢查以確定病情，包括眼底攝影，眼底熒光血管造影，光學斷層掃描及超聲波等，才能決定治療方向。

治療方案包括：

- 保持良好的血糖控制
- 激光治療
- 抗血管內皮細胞生長因子注射
- 注射類固醇藥物
- 手術治療

### 護理

為了降低視力喪失的危險：

- 控制好血糖水平。這是保護視力的最佳手段之一。請配合醫生、護士和營養師。
- 將血壓和血脂控制在正常水平。可能需要服藥。
- 戒煙
- 每年請眼科醫生檢查一次眼睛，包括散瞳檢查。眼檢可在出現症狀之前及早發現變化。
- 如果視力有任何變化，打電話給醫生。

如果有任何疑問或擔心，請諮詢醫生或護士。

資料來源：

- [Mayo Clinic](#)
- [Harvard Health Publishing: Harvard Medical](#)

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Diabetic retinopathy is an eye problem that can cause blindness. It occurs when high blood sugar damages small blood vessels in the back of the eye, call the retina. All people with diabetes are at risk for this problem. There are things you can do to reduce your risk and prevent or slow vision loss.

Diabetic retinopathy can affect both eyes. You may not have any signs at first. As it worsens, blood vessels weaken and leak blood and fluid. As new blood vessels grow they also leak causing blocks in your vision.

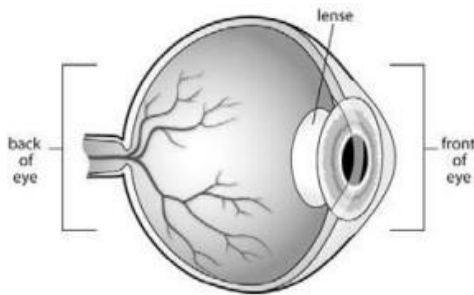
### Causes :

- Diabetes
- Hypertension
- Elevated serum lipid levels
- Smoking

### Signs and Symptoms:

In the early stage of retinopathy, there is no obvious symptom. As the disease progresses, diabetic retinopathy symptoms may include:

- Floating spots in your vision
- Blurred vision
- Blocked or hazy vision



### Treatments:

Treatment aims to stabilize the condition and slow down further progressions. Patients should have regular follow-up so that early intervention can be implemented if any changes in eye condition arise. Patients may need to have special investigations, like fundus photography, fluorescein angiography, optical coherence tomography or ultrasound scanning before deciding on treatment options.

Treatment modalities include:

- Blood glucose control
- Laser treatment
- Anti-VEGF injection
- Steroid injection
- Operation

### Your Care

To help reduce your risk of vision loss:

- Keep your blood sugar levels well controlled. This is one of the best ways to protect your vision. Work with your doctor, nurse and dietitian.
- Keep your blood pressure and blood cholesterol levels normal. You may need to take medicine.
- Quit Smoking
- Have an eye exam each year by an eye specialist that includes eye dilation. An eye exam can detect early changes before you have any signs.
- Call your doctor if you have any changes in your vision.

**Talk to your doctor or nurse if you have any questions or concerns.**

Sources:

- [Mayo clinic](#)
- [Harvard Health Publishing: Harvard Medical School](#)

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