

Eye and diabetic disease.

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Introduction

Diabetic eye disorder is a set of vision issues that can affect diabetic patients. Other disorders include diabetic macular edema, cataracts, glaucoma, and retinopathy. Diabetes can weaken the eyes over time, which can lead to blurred vision or even blindness. But, by taking care of your diabetes, you can take steps to prevent diabetic eye disease, or keep it from getting worse.

Discussion

The best approach to managing your diabetes and keeping your eyes healthy is to manage cholesterol, blood glucose, blood pressure, and sometimes called ABCs. Avoid smoking; get one dilated eye test once a year.

Often when damage first develops there are no warning signs of diabetic eye disease or vision loss. A complete, dilated eye exam often helps your doctor find and treat eye problems early before much loss of vision can occur.

Diabetes affects the eyes when blood glucose is too high, often called blood sugar. In the immediate future, elevated blood pressure does not necessarily cause vision loss. People occasionally have blurry vision when they change their diabetes care plan or medicines for a few days or weeks. High glucose can alter the consistency of the fluid or cause inflammation in your eye tissues to help you concentrate, triggering blurred vision. That form of blurred vision is intermittent and will go away as the level of glucose stabilizes.

When your blood glucose remains high over time, the tiny blood vessels at the back of your eyes may be damaged. The damage can start during the Pre-diabetes, while blood glucose is higher than normal but not high enough for a diabetes diagnosis. Damaged vessels in the blood can leak fluid and cause swelling. New, weak blood vessels can start to grow too. Many such blood vessels can spill into the middle part of the eye, scarring or cause dangerously high pressure within the eye.

The retina at the back of every eye is the inner lining. The retina senses light and turns it into signals that decode the brain, so that allows to see around the world. Damaged blood vessels can damage the retina, leading to a condition called diabetic retinopathy. Blood vessels can weaken, bulge or leak into the retina during early diabetic retinopathy. This stage is called no proliferative retinopathy for diabetes. If the situation worsens worse, some blood vessels close off on the surface of the retina, causing new blood vessels to grow, or proliferate. This stage is known as proliferative retinopathy for diabetics. Such new abnormal blood vessels can cause severe vision

issues. The part of the retina which faces need to read, drive, and see is called the macula.

Diabetes can lead to macula swelling which is called macular diabetic edema. Over moment, this disease in this part of the eye can destroy the sharp vision, leading to partial loss of vision or blindness. In people who already have other signs of diabetic retinopathy, macular edema usually develops. Glaucoma is an eye disease group that can damage the optic nerve, the nerve bundle that connects the eye to the brain. Diabetes doubles the possibility of glaucoma, which if not diagnosed quickly can result in vision loss and blindness. The lenses in our eyes are clear structures that help to provide sharp vision, but as we get older, they tend to become foggy. People with diabetes have a greater chance of developing cloudy lenses, termed cataracts. Diabetic patients may develop cataracts at an earlier age than diabetes-less individuals. Researchers believe high levels of glucose are causing deposits to build up in eye lenses. Early symptoms of diabetic eye disease often don't exist. There is no pain and no vision changes as the damage start to grow inside your eyes, especially with diabetic retinopathy.

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