

# 糖尿病視網膜病

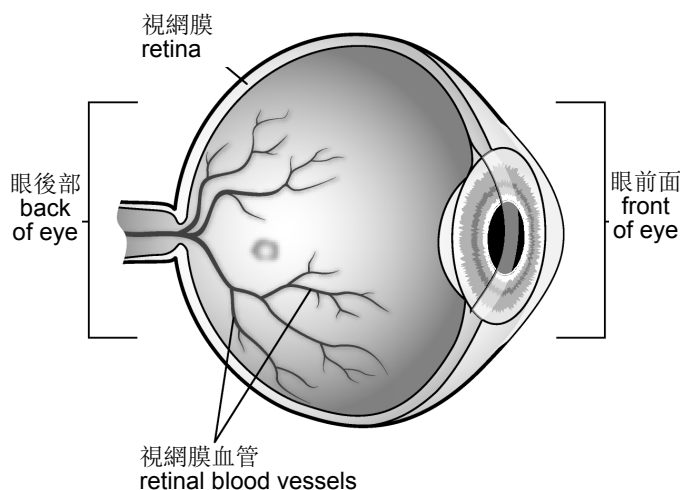
## Diabetic Retinopathy

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, called 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 blood and fluid. This causes blocks in your vision.

### Signs of diabetic retinopathy

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



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。新血

管長出後，也會洩漏血液和體液，導致視力受阻。

### 糖尿病視網膜病的症狀

- 視力出現浮動的斑點
- 視力模糊
- 視力受阻或朦朧

## 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.
- 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.

There is no cure for diabetic retinopathy, but laser treatment or surgery may be done to prevent or slow vision loss.

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

## 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。
- 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病。
- 如果視力有任何變化，打電話給醫生。

糖尿病視網膜病目前還無法治癒，但可通過鐳射治療或手術來預防或延緩視力喪失。

**如果有任何疑問或擔心，請諮詢醫生或護士。**