

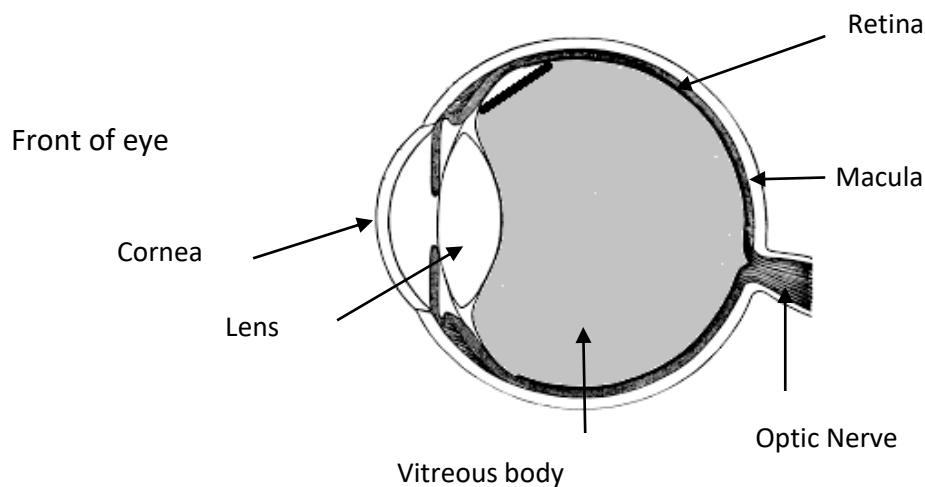
DIABETIC MACULAR OEDEMA

Diabetic Macular Oedema or DMO affects up to 30% of people who have diabetes for more than 20 years. It is the leading cause of vision loss in people with diabetes.

What parts of the eye are involved?

The back of the eye has a light-sensitive lining called the retina, similar to the film in an old-style camera. Light is focussed through the eye onto the retina, allowing us to see.

The central part of the retina is called the macula, where the light is focussed for us to see fine detail such as when reading or driving.



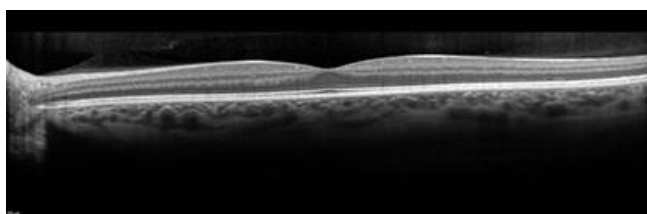
Diabetes over time can damage small blood vessels in the body including in the retina. When blood vessels leak, swelling can occur in the tissues of macula which may impact on the central vision.

What are the symptoms of DMO?

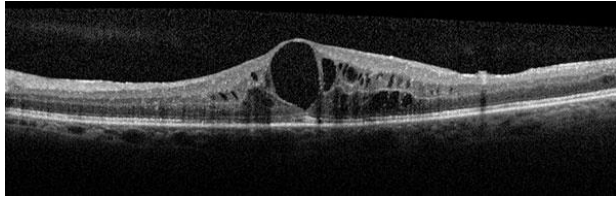
Mild DMO may not cause any significant symptoms. If more severe, central vision may be blurred or wavy. There may be difficulty with detailed activity such as reading, driving or perceiving colours.

How is DMO diagnosed?

Usually your eye specialist will look the back of your eye with a dilated eye examination. This enables a clearer view of the retina. An OCT scan is used to document the severity of the DMO.



Normal OCT scan



OCT scan with DMO

Sometimes a special dye test known as a Fluorescein angiography is used to diagnose the location of any leaking blood vessels at the back of the eye, and to assess the blood circulation at the back of the eye.

How is DMO treated?

It is important to try to have good blood sugar levels, blood pressure and cholesterol control as this will enable the best possible outcome.

Treatments may involve injections in the eye to decrease leakage of fluid and reduce inflammation.

Laser treatment may also be done to seal the leaking vessels or increase absorption of fluid from the swollen retina and prevent further damage. You may have a combination of treatments depending on the area affected.

Vision may be restored after treatment however this will depend on the severity and original cause. Sometimes it can take an extended period of time for the swelling to resolve.

Please contact Dr KL Lee if you have any questions:

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