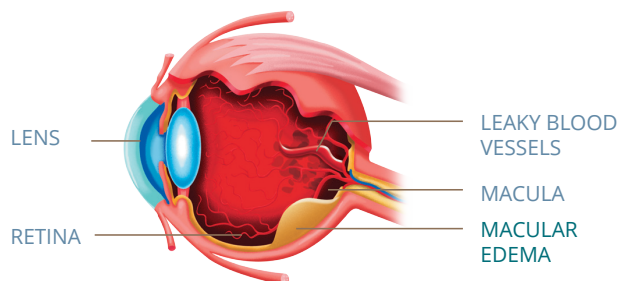


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WHAT IS DIABETIC MACULAR EDEMA?

As its name suggests, diabetic macular edema (DME) is a disease linked to diabetes. Some people with diabetes will get a form of retinopathy – a disorder of the retina in the eye. Diabetic retinopathy can progress and result in DME (also known as retinal swelling) that may affect your vision, and is one of the most common causes of blindness.¹⁻³

KNOWING MORE ABOUT DME²



DME occurs when fluid leaks into the center of the retina at the back of your eye (called the macula), causing it to swell.¹ This swelling blurs your vision and affects your ability to read and see detail clearly.^{2,5-7}

DME occurs in both eyes in more than 50% of people with the condition, although vision may not always be affected in both.^{8,9} If you already have DME in one eye, talk to your eye doctor about how you can reduce the risk of DME occurring in your other eye.

WHAT ARE RISK FACTORS FOR DME?

There are a number of factors both within and outside of your control that can put you at increased risk of developing DME, or making it worse if you already have it. All patients with type 1 or type 2 diabetes are at risk of developing DME.⁷ Your level of risk is related to how long you have had diabetes and how well your blood sugar is controlled.

Risk factors for developing or worsening type 2 diabetes include:

1. *High cholesterol*^{1,10}
2. *Not getting enough exercise*¹⁰
3. *Being overweight or obese*^{1,7,10}
4. *Smoking*^{10,11}

The following are additional risk factors associated with DME:

1. *Diabetic retinopathy severity*³
2. *Poor glycemic control*¹
3. *Age*¹⁰
4. *Duration of diabetes*^{1,7}
5. *High blood pressure*^{1,7}

WHAT CAN I DO?

Your vision is precious, so do whatever is within your control to help you hold on to it. There are specific things you can do that may help to prevent or delay vision loss.

PROACTIVELY MONITOR YOUR VISION

1. Visit your eye doctor regularly – do not miss any scheduled appointments.^{1,4,6,11}
2. If you notice a change in your vision, contact your eye doctor immediately.²
3. Be proactive about vision rehabilitation and the use of visual aids (eg. using a magnifying glass).¹²

BE AWARE OF THE SIGNS²

You will probably be the first person to detect changes in your vision, such as:

BLURRED
VISION



STRAIGHT LINES
APPEAR WAVY
OR DISTORTED



BLIND SPOTS
IN CENTRAL
VISION



PROACTIVELY MONITOR YOUR VISION

1. Take your diabetes medications as directed by your doctor.^{6,7,10,11,13}
2. Regularly monitor your blood sugar levels. Keeping your levels under control is the single most important way to manage your diabetes.^{1,6,7,11,13}
3. Keep high blood pressure under control.^{1,6,11,13}
4. Maintain a healthy body weight and manage your diet. Your doctor can tell you what you should and shouldn't eat, as well as when you should eat.^{7,10,11,13}
5. If you smoke, speak with your doctor about a cessation program and work towards quitting as soon as you can.^{7,10,11,13}

6. Exercise regularly to help avoid high blood pressure and elevated cholesterol.^{10,11,13}

You have an important role to play in controlling your diabetes, ensuring that vision loss is caught early, and getting treated as soon as possible.^{1,2,6,11,13}

Making certain changes to your lifestyle can reduce your risk^{7,10}

TREATMENT FOR DME

DME is a chronic condition and monitoring your vision and diabetes is essential. It's important for you to get regular checkups on your eyes, keep your blood sugar under control, and make lifestyle changes that can reduce the risks of vision loss.⁷

It is important to follow up on your DME diagnosis with treatment as soon as possible, as the speed at which DME progresses is dependent on a variety of factors which can be hard to control.²

Remember, if one of your eyes is affected, the risk of developing DME in your other eye goes up significantly. It is important to check your sight in both eyes regularly with tests like the Amsler grid.^{8,9}

Although DME is a chronic disease, current therapy options such as anti-VEGF therapy, now make it possible to delay, stop or reverse your vision losses and preserve your sight for longer, helping you to continue the activities you enjoy.²

TREATMENT OPTIONS¹⁴

Anti-VEGF therapy

Anti-VEGF stands for anti-vascular endothelial growth factor. VEGF is thought to be a trigger for abnormal leaking of the blood vessels in the macula, which leads to edema. Anti-VEGF drugs are injected into your eye to help prevent this from happening.

Laser photocoagulation

With this treatment, your doctor will aim a high-energy laser beam at the areas where leaky blood vessels could affect central vision if not treated. This slows down the leakage of fluid and reduces the amount of fluid in the retina.

Injectable, slow-release corticosteroid

An injectable implant placed into the back of the eye that is designed to release a corticosteroid drug.

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