



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Diabetic Retinopathy

Christopher Areepanthu, M.D. - Med Center Health Eye Care

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Diabetic Retinopathy is when diabetes affects the health of the retina – the specialized nerve tissue in the back part of the eye – damaging your vision.

[DR. AREEPHANTHU]

Anyone who has a history of diabetes or elevated blood sugars is at risk of developing damage to their retina, or developing diabetic retinopathy. Some patients are at higher risk than others. Typically, we think about it in the amount of time you've had diabetes – the longer you've had it, the more of a chance you've had to develop damage to the retina. Also, the level at which your blood sugar is correlates to the damage – so, the higher your blood sugar the more damage, the more likely you are to have damage to the retina.

Also, if you have other risk factors for damaging blood vessels in the body, like having high blood pressure or smoking – those things can increase your risk for developing diabetic retinopathy.

[MUSIC] [NARRATOR]

The best way to prevent diabetic retinopathy is by working with your healthcare providers to manage your diabetes well, by keeping your blood sugar as normal or as low as possible.

[DR. AREEPHANTHU]

You can receive your primary care follow-up appointment as well as your annual eye exams, all right here at Med Center Health.

For more information, visit MedCenterHealth.org.

[MUSIC]