

糖尿病性視網膜病變



此圖片顯示糖尿病性視網膜病變可能如何影響視力的一個範例。

什麼是糖尿病性視網膜病變？

糖尿病性視網膜病變是由糖尿病 -包括1型糖尿病和2型糖尿病-引起的一種眼科疾病。這種疾病會影響眼睛後部視網膜的小血管。

早期診斷和治療可以防止高達98%的嚴重視力喪失。

有什麼症狀？

- 這種疾病早期通常沒有任何症狀。因此在病情變得嚴重之前，可能注意不到視力的改變。
- 視力可能變得朦朧或模糊。物體好像漂浮在視野上。
- 中央視力可能變得扭曲。直線可能看來是彎曲或波浪形的。
- 在做日常活動時，可能變得難以看見細節。

誰有風險？

- 所有糖尿病患者都有風險。
- 長期患有糖尿病的人士風險更高。在患有糖尿病15年以上的人士中，每四人中就有三人患有某種形式的糖尿病性視網膜病變。

Diabetic retinopathy

This image shows an example of how diabetic retinopathy may affect vision.

What is diabetic retinopathy?

Diabetic retinopathy is an eye disease caused by diabetes, including Type 1 and Type 2 diabetes. It affects the small blood vessels of the retina at the back of the eye.

Early diagnosis and treatment can prevent up to 98 per cent of severe vision loss.

What are the symptoms?

- It often has no symptoms in the early stages. So changes in vision may not be noticed until the condition is serious.
- Vision may become hazy or blurred. Objects may float across the field of vision.
- Central vision may become distorted. Straight lines may appear bent or wavy.
- Fine details may become hard to see during everyday activities.

Who is at risk?

- All people with diabetes are at risk.
- People who have had diabetes for a long time are at higher risk. Almost three out of four people who have had diabetes for 15 years or more have some form of diabetic retinopathy.

- 糖尿病難以控制糖尿病的人士以及長期血液葡萄糖（血糖）水平過高的人士。
- 澳洲土著人患上這種疾病的可能性比非澳洲土著人高14倍。
- 患有糖尿病的孕婦。

可以採取什麼措施？

- 找眼科醫務人士（驗光師或眼科醫生）做眼科檢查：
 - 一診斷患有糖尿病時就要檢查。這一眼科檢查應包括視網膜檢查。
 - 在此之後每兩年檢查一次（澳洲土著人每年檢查一次）或按照眼科醫務人員的指示檢查更多次。
 - 在你注意到視力改變時立即檢查。
- 保持健康的血糖、血壓和膽固醇水平。你的GP可提供這方面的幫助。
- 保持健康飲食和積極的生活方式。

眼科檢查對及早發現糖尿病性視網膜病變至關重要。不要等到症狀出現，應定期接受眼科檢查。

保護視力 – 接受檢查

詳情

請向眼科醫務人員或GP諮詢。糖尿病專科醫生和糖尿病支持小組亦可給你提供資訊。

聯絡澳洲糖尿病協會（Diabetes Australia），

電話：1300 136 588，或瀏覽

www.diabetesaustralia.com.au

瀏覽 www.visioninitiative.org.au

大多數驗光服務都可以獲得Medicare退款。看驗光師不需要推薦信。必要時，你的GP或驗光師可以將你推薦給眼科醫師。

有一些服務和支持可以幫助人們適應視力喪失，保持獨立，繼續參加自己選擇的活動。請找眼科醫務人員或GP瞭解更多詳情。

- People whose diabetes is hard to control and those who have high blood glucose ('blood sugar') levels over a long period of time.
- Indigenous Australians are 14 times more likely to develop the condition than non-Indigenous Australians.
- Women with diabetes who are pregnant.

What can be done?

- Have an eye test with an eye health professional (optometrist or ophthalmologist):
 - When first diagnosed with diabetes. This eye test should include a check of the retina.
 - Every two years thereafter (once a year for Indigenous Australians) or more often, as directed by an eye health professional.
 - Immediately if you notice a change in vision.
- Maintain healthy blood glucose, blood pressure and cholesterol levels. Your GP can assist with this.
- Maintain a healthy diet and active lifestyle.

Eye tests are essential to detect diabetic retinopathy early. Don't wait for symptoms, have regular eye tests.

Save Your Sight - Get Tested

For more information

Speak to an eye health professional or GP. Diabetes specialists and diabetes support groups can also give you information.

Contact Diabetes Australia on 1300 136 588 or visit

www.diabetesaustralia.com.au

Visit www.visioninitiative.org.au

A Medicare rebate is available for most optometry services. You do not need a referral to see an optometrist. If required, your GP or optometrist can refer you to an ophthalmologist.

There are services and supports to help people adjust to vision loss, remain independent and continue to take part in their chosen activities. Speak to an eye health professional or your GP to find out more.