

糖尿病视网膜病变



这张图片显示了糖尿病视网膜病变可能会对视力造成影响的一个病例。

什么是糖尿病视网膜病变？

糖尿病视网膜病变是因一型和二型糖尿病导致的一种眼疾。对眼底视网膜的微血管造成影响。

及早的诊断和治疗能防止高达**98%**的严重视力丧失。

会有哪些症状？

- 通常在早期阶段没有症状出现。因此，在情况非常严重之前，视力变化可能不明显。
- 视力可能会变得朦胧或模糊。可能感觉物体在视野内漂浮。
- 中间视力可能会变得扭曲。直线可能呈弯曲或波浪状。
- 在日常活动中可能很难看到一些微小的细节。

谁会有患病的风险？

- 所有糖尿病患者都有风险。
- 糖尿病的长期患者风险更高。患糖尿病**15年**或以上的人，其中将近四分之三多少都有糖尿病视网膜病变。

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.

- 糖尿病难以控制的人，以及长期高血糖（“血糖”）的人。
- 土著澳大利亚人患有此疾的风险要比非土著澳大利亚人多出14倍。
- 患有糖尿病的怀孕妇女。

可以做什么？

- 让眼科专家做一个眼部检查（验光师或眼科医生）：
 - 在首次诊断为糖尿病之后。这次眼部检查应该包括视网膜检查。
 - 此后每两年（土著澳大利亚人为每年）或更频繁，要遵照眼科专家的建议。
 - 如果发现视力变化，请立即就医。
- 保持健康的血糖、血压和胆固醇水平。您的家庭医生可以在这方面提供帮助。
- 保持健康的饮食和活跃的生活方式。

眼部检查对于及早发现糖尿病视网膜病变很重要。不要等到症状出现时再做，要定期检查。

拯救您的视力 - 接受眼部检查

获得更多信息

与眼科专家或家庭医生谈一谈。糖尿病专家和糖尿病帮助组织也能够为您提供更多信息。

请拨打电话1300 136 588与澳大利亚糖尿病协会联系，或者登录他们的网站

www.diabetesaustralia.com.au

登录网站www.visioninitiative.org.au

Medicare能报销大部分的验光服务费用。与验光师预约不需要转诊信。如果有必要，您的家庭医生或验光师会将您转诊给一位眼科医生。

有些服务和帮助能为您适应视力丧失，继续保持自理并参与您所选择的的活动。请与眼科专家或您的家庭医生谈一谈，了解更多信息。

- 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.