



# Save Your Retina. Save Your Sight



The retina is the light sensitive inner lining in the back of the eye that is like the film in a conventional camera or a CCD chip in a digital camera. The retina transmits images along the optic nerve to the brain. The macula is the central area of the retina where reading vision is located.

## Your Eyesight is Meant To Last a Lifetime

Diabetic Retinopathy is the most frequent cause of legal blindness in working-age Americans.

Macular Degeneration is the most common cause of legal blindness in retirement-age Americans.

## Detecting & Managing Diabetic Retinopathy

Diabetic Retinopathy develops in almost all patients with long standing Diabetes Mellitus. The onset and severity of diabetic retinopathy can be delayed in many patients by managing blood glucose so the hemoglobin A1C can be kept at 7% or less, and also, by managing high blood pressure.

Type 1 diabetes, also referred to as juvenile-onset or insulin-dependent diabetes, is associated with more frequent and more severe retinal disease. In Type 1 patients who have had diabetes for 20 years, 50% have diabetic retinopathy so severe that visual loss occurs. Retinal examinations to detect diabetic retinopathy should begin at

3 to 5 years after the onset of Type 1 diabetes. WHILE THE VISION MAY BE NORMAL, IT IS IMPORTANT TO TREAT DIABETIC RETINOPATHY EARLY BEFORE VISION IS LOST.

Type 2 diabetes is called adult-onset or non-insulin dependent diabetes. This is the most common form compromising 90-95% of the patients with Diabetes Mellitus. TYPE 2 PATIENTS SHOULD HAVE A RETINAL EXAMINATION WHEN THE DISEASE IS FIRST DETECTED BECAUSE OFTEN THE DISEASE HAS BEEN UNDETECTED FOR A LONG TIME.

Pregnant women with diabetes should have a retinal examination in the first trimester because diabetes can sometimes get much worse during pregnancy.

For all the categories of diabetic retinopathy discussed above, follow-up visits will depend on the amount of retinopathy found.

## Diagnosing Macular Degeneration

The early symptoms of wet macular degeneration usually occur in one eye at a time so the good vision in the other eye may cover up the symptoms of the eye with wet macular degeneration. MANY PEOPLE DON'T REALIZE THEY HAVE THE DISEASE UNTIL THEIR VISUAL LOSS IS ALREADY SEVERE. Using the Amsler Grid frequently can help spot the disease early. Regular eye exams also detect early signs.

## Knowing the Symptoms May Save Your Sight



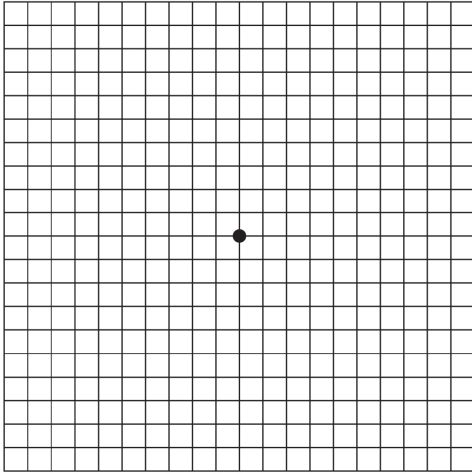
You have come to know that early detection of any disease, such as breast cancer or skin melanoma, is key to give you the best chance of successful diagnosis and treatments. The same holds true for your vision; EARLY DETECTION 7 TREATMENT CAN HELP YOU AVOID SEVERE VISION LOSS.

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## Instructions on Using the Amsler Grid

- Test each eye separately.
- If you wear glasses, keep them on, but completely cover one eye.
- Hold the Amsler grid at eye level about 14 inches away.
- Look at the dot in the center of the grid with your uncovered eye.



If you notice blurry or wavy lines, or see dark or blank spots, call Retina Associates of Florida immediately at **813-875-6373**.

## Common Symptoms Requiring Referral For Retinal Exam

| Symptom   | Common Cause   |
|---|--|
| Sudden Blurred Vision   | Wet Age-Related Macular Degeneration                                   |
| Gradual Blurred Vision or Vision Loss (several months to years) | Macular Degeneration (wet or dry)<br>Diabetic Retinopathy<br>Cataracts |
| Distortion (Metamorphopsia)                                     | Macular Degeneration<br>Diabetic Macular Edema                         |
| Blind Spots (Scotomas)  | Macular Degeneration or any Macular disease<br>Glaucoma                |
| Trouble with Night Vision (Nyctalopia)                          | Diabetic Retinopathy<br>Retinitis Pigmentosa<br>Drug Toxicity          |
| Color Vision Abnormalities                                      | Acquired; Diabetes<br>Macular Degeneration<br>Cone Dystrophy           |
| Sudden Floaters<br>Flashing Lights or<br>Curtain Effect         | Vitreous Detachment<br>Retina Tear or<br>Retinal Detachment            |
| Objects Smaller than Normal in one eye (Micropsia)              | Diabetic Retinopathy or<br>Macular Degeneration                        |

## Our Mission

Retina Associates of Florida provides quality, leading-edge retinal care. Our success is measured by the satisfaction of our patients and referring doctors, the competency of our staff and the recognition by our peers of the value of our efforts in continuous improvement in the provision of retinal care and research.

Retina Associates of Florida serves patients through convenient Tampa Bay area locations.

Call 813-875-6373 to make an appointment at the office nearest you.



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Best Doctors®

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**813-875-6373**  
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