

WHAT TO ASK YOUR EYE HEALTH PROFESSIONAL

EYE CONNECT

Macular
Disease
Foundation
AUSTRALIA

For People Diagnosed with a Diabetes Related Eye Condition



When visiting an eye health professional



Write down any questions you might have beforehand and take them to your appointment. Also bring a list of your current medicines.



It may help to take notes or have a friend or family member present.



Ask your eye health professional to write down your diagnosis and any instructions you need to follow.



Don't be afraid to repeat a question if you don't fully understand the answer.

After you're diagnosed

When diagnosed with any disease or condition, it's important to obtain as much information as possible. Knowing and understanding this information helps you manage your health and any treatment or lifestyle changes you may need to undertake.

Suggested questions

It can be overwhelming when you're first diagnosed with diabetes-related eye conditions. The following list of questions may help with what to ask.

About the diagnosis:

- What kind of diabetes-related eye condition do I have?
- Are both eyes affected?

FOR PEOPLE DIAGNOSED WITH A DIABETES RELATED EYE CONDITION

- Can my diabetes-related eye condition be treated? If so, how?
- How will my diabetes-related eye condition affect my vision now and in the future?

About a healthy lifestyle:

- What can I do to help reduce my risk of progression?
- Can healthy eating and physical activity help my diabetes-related eye condition?
- Where can I get advice about healthy eating and physical activity?
- Does my blood pressure, blood lipids and blood glucose affect my diabetes-related eye condition?

About changes in vision:

- How often should I have my eyes checked?
- What should I do if my sight changes?
- When should I contact you as a matter of urgency?
- What is the contact number to call if I have an emergency after hours or on weekends?

Eye health checklist

- Have regular eye examinations, including a dilated examination of the retina.
- If you smoke, consider giving up.
- Work on optimising your blood glucose levels, blood pressure, and cholesterol, and be physically active every day if possible.* Even small improvements make a big difference.
- Follow healthy eating advice including eating more vegetables and wholegrain foods.
- Protect your eyes from sunlight with sunglasses and a wide-brimmed hat.

Important: Check with your doctor before making any changes to your diet or lifestyle.

*Source: <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-adults-18-to-64-years>

Need more information?

Contact us today.

T 1800 111 709 (free call)

E info@mdfoundation.com.au

W www.mdfoundation.com.au

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