

WHAT TO ASK YOUR EYE HEALTH PROFESSIONAL

EYE CONNECT



Macular
Disease
Foundation
AUSTRALIA

For People Being Treated for Diabetic Retinopathy and Diabetic Macular Oedema



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.

Treatment for diabetes related eye conditions

Treatment for diabetes related eye conditions aims to prevent further vision loss. The treatment you receive depends on your diagnosis. Your eye health professional will advise you of a treatment that is suitable for you.

Suggested questions

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

About the diagnosis:

- Can my condition be treated?
- What are my treatment options?
- What does treatment involve?

FOR PEOPLE BEING TREATED FOR DIABETIC RETINOPATHY AND DIABETIC MACULAR OEDEMA

- Where will I have my treatment?
- How many treatments will be needed?
- What are the benefits and how successful is it?
- Are there any risks or side effects?
- What is the cost (in time and money)?
- What rebate will I get from Medicare and/or private health insurance?
- Will I need assistance to get home after the treatment?

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

Disclaimer: Information in this publication is considered by Macular Disease Foundation Australia to be accurate at the time of publication. While every care has been taken in its preparation, medical advice should always be sought from a doctor and individual advice about your eye health should be sought from your eye health professional. MDFA cannot be liable for any error or omission in this publication or for damages arising from it, and makes no warranty of any kind, either expressed or implied in relation to this publication.