

Navigating healthcare services for diabetes-related eye conditions

EYE CONNECT

Macular Disease Foundation AUSTRALIA



We often hear managing daily life with diabetes can feel confusing and overwhelming.

There are many appointments, medications, and health checks to keep track of. This factsheet is here to help by explaining some of the members of a diabetes healthcare team. Not everyone will need to see every type of healthcare professional, but understanding their roles can help you get the support you need.

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Your healthcare team



General Practitioner (GP)

Your GP is often your first point of contact. They coordinate your overall diabetes care, monitor your general health, and provide referrals to specialists such as optometrists, ophthalmologists, or endocrinologists when needed. Many people with diabetes are managed exclusively by their GP.



Endocrinologist

A medical specialist in hormone-related conditions, including diabetes. Not everyone with diabetes sees an endocrinologist – typically, they are involved when diabetes is complex or difficult to manage. They monitor blood glucose control, complications, and systemic health. You will need a referral from your GP.

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Credentialed Dietitian

A dietitian provides expert advice on healthy eating and nutrition to help you manage your diabetes. They can help you create meal plans, understand how food affects your blood glucose levels, and support you in making positive lifestyle changes. Dietitians work closely with you and your healthcare team to tailor advice to your individual needs.



Ophthalmologist

A medical doctor who specialises in eye diseases and surgery. They diagnose and treat diabetic retinopathy, diabetic macular oedema, and other complications. Treatment may include laser therapy, injections, or surgery. You will need a referral from your optometrist or GP.



Optometrist

A primary eye care provider who performs regular eye checks, including retinal imaging and visual acuity tests. Optometrists can detect early signs of diabetes-related eye conditions and refer you to an ophthalmologist if needed.



Credentialed Diabetes Educator (CDE)

A health professional (often a nurse, dietitian, or pharmacist) with specialised training in diabetes education. They support you in managing your condition through lifestyle advice, blood glucose monitoring, and medication use.



Pharmacist

Provides advice on medications, including insulin and eye drops. They can help you understand how to take your medications correctly and identify potential interactions.

How your healthcare team can help

Your healthcare team is here to support you in managing diabetes including looking after your eye health. With the right team, you can get expert advice, regular check-ups, and personalised care to help you stay on track and reduce your risk of complications like vision loss. Working together, your team can help you understand your condition, make informed decisions, and feel confident about your health. Remember, you are the most important member of your team, and staying informed helps you make the best decisions for your health. If you feel you need more support managing your diabetes, talk to your GP. They can help you find and connect with diabetes specialists, educators, and dietitians. They can provide referrals, management plans and guide you to local services.

Need more information?

Contact us today.

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