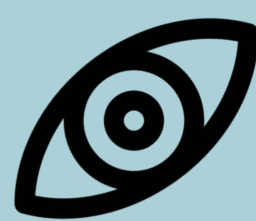
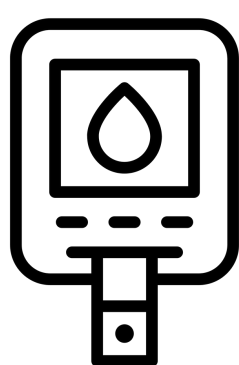


DIABETES RETINOPATHY - RAPID REDUCTION IN HBA1C



DIABETIC RETINOPATHY AND GLUCOSE

- Diabetes retinopathy develops because of high blood glucose levels over a number of years.
- Lower blood glucose decreases the risk of the development & progression of diabetes retinopathy

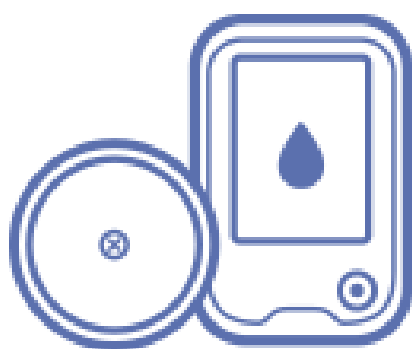


CAN REDUCING BLOOD GLUCOSE LEVELS CAUSE DAMAGE?

If there is diabetes retinopathy present and blood glucose levels are high reducing this too quickly can cause the diabetic retinopathy to get worse.

WHY? I'M CONFUSED

- High blood glucose increases the blood flow through the retina.
- In diabetes retinopathy there is bleeding in the back of the eye meaning some areas lack oxygen.
- But when you reduce high glucose levels the blood flow reduces and if this happens too fast the eye doesn't have time to adjust to the change.
- The decreased blood flow increases the lack of oxygen, this can cause diabetic retinopathy to get worse.



TREATMENTS & TECHNOLOGY

Starting new diets & therapies and the use of technology (Flash, CGM & closed loops) can all help to improve diabetes management and lower blood glucose levels quickly.

SHOULD I BE WORRIED?

- This risk is something you should keep in mind but the benefits of improving your diabetes management go beyond your eyes.
- If you can make improvements slowly that's better but often this is out of your control.
- Ensure you have regular screening or ophthalmology follow up

