



EYECARE AWARENESS

Did you know you can go blind if you have Diabetes?

September is Eye Care Awareness Month to raise awareness about the importance of eye health, specifically around the prevention and treatment of blindness. We focus on diabetic retinopathy which is a serious condition that can cause vision changes and even blindness if you have diabetes.

What is diabetic retinopathy?

- If you have diabetes (both type 1 and type 2), you could suffer a problem where blood vessels in your eye are damaged, resulting in diabetic retinopathy.

What are the risk factors of diabetic retinopathy?

You are at risk if you:

- Age (as you grow older)
- Have had diabetes for a long period of time.
- Don't control your blood sugar levels.
- Have high blood pressure.
- Are pregnant.
- Smoke
- Have a family history of diabetic retinopathy.

What are the symptoms of diabetic retinopathy?

At first, diabetic retinopathy might cause no symptoms or only mild vision problems.

If you experience any of the following symptoms, consult with your optometrist as soon as possible:

- Eye floaters which are specs that drift across your field of vision.
- If your vision is blurry and you can't see clearly.
- Dark spots develop in the middle of your field of vision
- If you have loss of central vision which means you either suddenly lose vision or it happens over time.
- Blindness e.g., you can't see anything, including light.




How can it be treated?

- By means of laser therapy, injections into your eye and even the replacement of your eye moisture.
- But prevention is best so if you suffer from diabetes or high blood pressure, you should control it.

Where to find us:

If you have any questions or need more information, talk to one of our Optometrists closest to you.

|  Platinum Health Medical Facility |  Physical Address |  Telephone Number |
|---|---|---|
| Rustenburg Medical Centre | Corner of Beyers Naudé Avenue and Heystek Street, Rustenburg | 014 590 1700 or 080 000 6942 |
| Brits Medical Centre | Madibeng Mall, Shop no 47, Crocodile Street, Corner of Hendrik Verwoerd Drive (next to R511), Brits | 012 133 0170 or 012 133 0171 |
| Union Hospital | Hospital Street, Swartklip | 010 133 1744 |
| Amandelbult Hospital | 1 Hospital Street, Tumela Mine, Chromite | 087 463 0084 |
| Setaria Clinic | 33 Merensky Street, Farm Zondereinde, Setaria Village | 014 784 3214 |
| Thabazimbi Medical Centre | 9 Watsonia Street, Thabazimbi | 014 133 0106 |
| Burgersfort Medical Centre | Shop no UG04 Tubatse Crossing Mall, Burgersfort | 087 463 0406 |
| Jane Furse Medical Centre | Shop 12, JPI Business Centre, Stand no 2008, Vergelegen C Section, Jane Furse Village, Sekwati | 087 463 0851 |