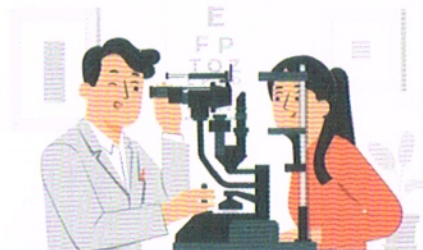


# Can I prevent DME?

Taking preventive action can make a big difference in protecting your vision. Help take care of your eyes by doing the following:



See your eye care doctor for annual checkups  
Contact your eye care doctor as soon as you notice any vision changes.



Take steps to keep your blood sugar, blood pressure, and cholesterol levels on target.



Make sure you implement lifestyle changes (including a healthy diet & exercise), medication, and other steps like stress management that can help you keep your blood sugar levels in a healthy range.

#### Sources:

1. Diabetic macular edema. <https://www.mayoclinic.org/diseases-conditions/diabetic-retinopathy/multimedia/diabetic-macular-edema/img-20124558>
2. Diabetic Macular Edema. [https://eyewiki.aao.org/Diabetic\\_Macular\\_Edema](https://eyewiki.aao.org/Diabetic_Macular_Edema)
3. A Closer Look at Diabetic Macular Edema. <https://www.webmd.com/diabetes/diabetic-macular-edema-causes-symptoms>

**Disclaimer:** The information contained herein is not intended to be a substitute for professional medical advice or treatment in any manner. Always seek advice of your physician with any questions, you may have regarding any medical conditions.  
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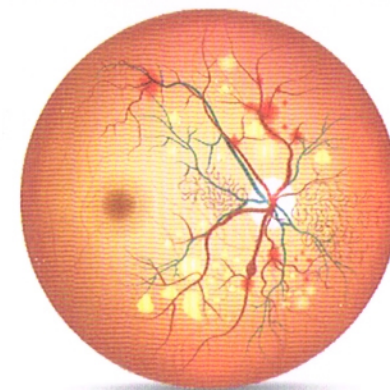
For further prescribing information, please contact :  
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Email: [medicalinfo.india@bayerzyduspharma.com](mailto:medicalinfo.india@bayerzyduspharma.com).

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## DIABETES & YOUR EYE

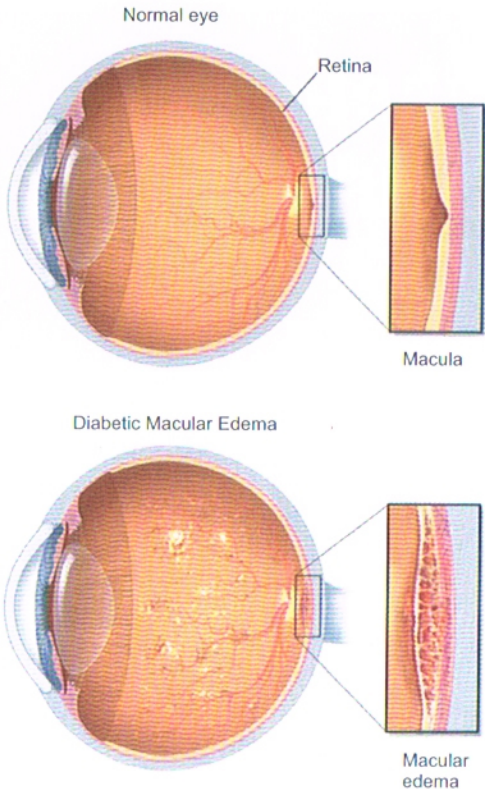
# Diabetic Macular Edema (DME)



In people with diabetes, high blood sugar can damage / completely block the tiny blood vessels at the back inner wall of the eye (retina), commonly known as diabetic retinopathy.



At times, tiny bulges (microaneurysms) protrude from the vessel walls, leaking or oozing fluid and blood into the retina. This fluid can cause swelling (edema) in the central part of the retina (macula). This serious eye complication called diabetic macular edema can cause vision problems or blindness.<sup>1</sup>



Average 7-10 among 100 people with DM develops DME<sup>2,3</sup>



# You at the risk, if?<sup>3</sup>

Your chances of DME go up when:



Your blood sugar, blood pressure, and cholesterol stay high.



You smoke



You don't stay active

You're more likely to get DME if you:



Have had diabetic retinopathy for a long time



Are pregnant

## What are the Symptoms?

- Patients who suffer from diabetes have a risk of developing DME over time.
- If you have diabetes, you should have your eyes examined regularly to help identify any eye health issues early.
- Kindly contact your doctor immediately if you notice changes in your vision such as:
  - Blurred vision
  - Wavy vision
  - Changes viewing colors

Normal Vision      Vision with DME



## How will I get treated?<sup>1</sup>

### Medication:

Medicines are injected or implanted into the eye, and they can reverse or stop abnormal blood vessel growth or the effects of inflammation in the eye.



### Laser Surgery

Laser light is used to close leaking blood vessels, preventing more fluid from entering the macula.

