

X. 糖尿病眼部護理

常見糖尿病眼部病變及其治療

- 視網膜病變
視網膜之細小血管受損，血管變腫脹並滲出液體。視網膜表面有新的血管增生，但此新的血管非常脆弱，易破裂出血。

治療：雷射治療、外科手術治療。
- 白內障
眼球之晶體變混濁，導致視力模糊。

治療：外科手術治療。
- 青光眼
眼壓上升導致視神經受損及喪失視力。

治療：處方眼藥水或外科手術治療。



X. Diabetic Eye Care

Common diabetic eye diseases and treatments:

- Diabetic retinopathy
Diabetic retinopathy occurs when diabetes damages the tiny blood vessels in the retina. In the early stages, the retinal blood vessels swell and leak fluid. In the later stages, abnormal, weak new vessels grow on the retina's surface and leak blood into the eye.

Treatments: Laser treatment or Vitrectomy (surgical removal of the clear, colorless substance that fills the eyeball)
- Cataracts
The lens of the eye becomes cloudy leading to blurred vision.

Treatments: Surgical removal of the lens and replacement with an artificial lens.
- Glaucoma
An increase in fluid pressure inside the eye leading to optic nerve damage and loss of vision.

Treatments: Prescription eye drops or surgery.

糖尿病視網膜病變之症狀

- 早期：多數人沒有任何症狀、無痛、視力也沒有改變。有些人可能會有視力模糊、中央視力喪失或色覺變化。
- 晚期：視網膜脫落導致視力嚴重喪失甚至失明。

如有以下情形要盡快通知醫生：

突然失去視力，突然眼前有浮動物及黑影蒙罩、眼睛發痛或畏光等。

糖尿病眼部疾病可通過以下方法來預防：

- 保持血糖、血壓及膽固醇度數良好
- 每年做眼部瞳孔擴張檢查
- 不吸煙
- 配戴防紫外線太陽眼鏡
- 吃含有大量抗氧化劑的食物（富有色彩的水果及蔬菜，果仁及種子）

視網膜病變患者運動時應注意並避免以下幾點：

- 勿將頭部彎至腰部以下。
- 勿做些會導致血壓上升之動作（如舉重和用力排便）。
- 勿進行激烈的跳躍動作。
- 勿將頭部快速移動。
- 勿進行氣壓急速變化的運動（如跳傘、潛水等）。

美國糖尿病協會建議應每年做一次眼部瞳孔擴張檢查。

What are the symptoms of diabetic retinopathy?

- In the early stages of diabetic retinopathy, there are no symptoms, pain, or vision changes. Some people may notice blurred vision, a loss of central vision, or change in color vision.
- In the later stages of retinopathy, retinal detachment can lead to severe vision loss or even blindness.

Report to your doctor if there is a sudden loss of vision, sudden appearance of floaters, appearance of a shade or curtain coming across the vision field, eye pain or sensitivity to light.

Diabetic eye diseases can be prevented by:

- Good blood glucose, blood pressure and cholesterol control
- Annual dilated eye exam
- Not smoking
- Wearing ultraviolet (UV) protective sunglasses
- Eating foods high in antioxidants (colorful fruits and vegetables, nuts and seeds)

Exercise precautions for those with active diabetic retinopathy

Avoid

- Bending over
- Activities that increase blood pressure or involve holding of breath, e.g. heavy weight lifting, straining during bowel movement
- Vigorous bouncing
- Rapid head movements
- Extreme changes in atmospheric pressure, e.g. sky diving or scuba diving

The American Diabetes Association (ADA) recommends a comprehensive dilated eye exam every year.