**NEW STRATEGIES FOR DIABETIC RETINOPATHY**

Diabetic Retinopathy (DR) is the leading cause of blindness among working-age Americans, according to the U.S. National Institutes of Health (NIH). Yet, many cases could be prevented with regular [eye exams](http://www.allaboutvision.com/eye-exam/) and appropriate treatment. Medicare has targeted diabetic eye disease management as a focus of care and has issued specific PQRI codes to report on eye disease management which can be reported by Primary Care doctors as well as Eye Care providers.

Diabetic Retinopathy Facts:

* 5 million Americans age 40 and older have DR
* 16 million will have retinopathy by 2050
* 50% of Diabetics acquire DR within 10 years of diagnosis
* 94% of Diabetics acquire DR within 20 years of diagnosis
* Only 33% of diabetics have had an exam within 1 year
* Only 45% of diabetics have had an exam within 2 years
* Between 12,000 – 24,000 new cases of blindness from DR occur each year

**Types of Diabetic Eye Disease**

**Non-proliferative diabetic retinopathy (NPDR)**.

NPDR is characterized by bleeding (dot-blot hemorrhages), microaneurysms, exudate, and edema. NPDR is graded as **mild, moderate or severe** and may be accompanied by clinically significant macular edema that requires treatment to prevent vision loss.

**Proliferative diabetic retinopathy (PDR).** Of the diabetic eye diseases, PDR has the greatest risk of visual loss.

The condition is characterized by these signs:

* Development of abnormal blood vessels ([neovascularization](http://www.all-about-vision.com/glossary/definition.php?defID=213)) on or adjacent to the [optic nerve](http://www.all-about-vision.com/glossary/definition.php?defID=460) and vitreous.
* Vitreous [hemorrhage](http://www.all-about-vision.com/glossary/definition.php?defID=413).
* [Ischemia](http://www.all-about-vision.com/glossary/definition.php?defID=363) from decreased or blocked blood flow.

TREATMENT OF DIABETIC RETINOPATHY

Today, with the help of Primary Care Physicians and Endocrinologists, diabetics can maintain excellent vision through early detection and treatment. Early detection is critically important to avoid permanent damage to delicate retinal tissue. As the patient’s diabetic doctor your recommendation to obtain annual eye exams is essential for proper patient compliance.

Current Treatment Strategies include:

* Annual Dilated Eye Exams
* Annual Fundus Photography
* Ocular Coherence Tomography
* Fluorescein Angiography
* Intravitreal Anti-VEGF Injections
* Intravitreal Steroid Injections
* Laser Photocoagulation

Our doctors are experts in the management of diabetic retinopathy and have treated thousands of diabetic patients who required medication or laser treatment.

Diabetic Retinopathy and Vision Loss MAY BE REVERSIBLE with early detection and treatment. It is critically important to see these patients regularly.

Our staff is excited to help you with the care of your diabetics. Please let us know how we can better facilitate eye exam compliance with your patients. We are available to discuss any questions you or your staff may have.

**A MESSAGE FROM DR. STEPHEN WILES**

It is my pleasure to introduce Perfect Sense Eye Centers to you, and to share insight into an area of our practice that I am very passionate about. I have been practicing ophthalmology for over 20 years and have helped to diagnose and effectively treat thousands of diabetic retinopathy cases. Looking back at the early years of my career and the treatment options available at that time, I am proud of the immeasurable improvements made in the treatment of diabetic retinopathy.

In the past diabetic retinopathy was almost always a prognosis of eventual blindness. Now we are able, in many cases, to prevent progression of the disease. With assistance from talented primary care physicians and endocrinologist such as yourself, we are able to vastly improve the quality of life of those patients suffering from illnesses related to diabetes and the eyes.

At Perfect Sense we are dedicated to helping our patients achieve a life of better vision and healthy eyes. Our team of doctors, clinic technicians, and patient care coordinators are all passionate about helping to prevent blindness and severe vision loss. We have invested in equipment and facilities that help us to better serve our patients, and increase visual health within our office.

My main focus is to ensure that our patients receive comprehensive treatment options that are beneficial to their continued health. In addition to the dedication we have toward helping patients with diabetic retinopathy, we have a special focus on glaucoma treatment, age-related macular degeneration treatment, and cataract removal.

While treatment options are important, just as important is our dedication to patient education for the prevention of disease and vision loss. We work diligently to detect and address early signs of many debilitating eye diseases. I would be happy to assist you and your practice in the treatment of diabetic patients in regard to eye their eye health.

**DIABETIC RETINOPATHY**

A person develops diabetic retinopathy from leaking blood vessels near the back of their eyes due to damage caused by abnormally high blood sugar levels. These leaks can cause the retina to swell and form deposits, which often leads to blindness or vision loss in patients who have had diabetes for more than 10 years. While the diabetic retinopathy is a serious condition, it can often be treated effectively if diagnosed in its early stages.

Vision loss and potential blindness can be prevented if diabetic retinopathy is detected and treated early. By keeping blood glucose levels within the normal range, diabetic retinopathy patients can minimize the risk of vision loss. Perfect Sense eye care specialists strongly encourage patients to take action even before they notice any eye problems.

A recent study showed that over time, 97% of type 1 diabetics will develop damage in their eyes. Many people with retinopathy have no symptoms, but with early detection vision can be saved in many cases. We recommend a dilated eye exam every year for diabetics to detect the onset of problems, and if you need it, our doctors can provide the latest in diagnostic and treatment options for retinopathy.

**ABOUT PERFECT SENSE**

Perfect Sense Eye Centers are proud to offer state-of-the-art technologies, talented board-certified doctors, and customized care to our patients. Each of the doctors at Perfect Sense has been selected for excellence in the standard of care they contribute to their respective fields. Chief Ophthalmologist, Stephen Wiles, MD is a prominent leader in the medical field of ophthalmology and has performed more than 30,000 ophthalmic procedures. Our highly skilled staff is trained to address not only basic vision care needs, but also to provide sophisticated treatment for various eye diseases and refractive conditions. The team at Perfect Sense is proud to serve Kansas City and St. Joseph for more than 40 years.