Treating Diabetic Retinopathy

Treatment may help slow the progress of diabetic retinopathy. Your treatment plan depends on your condition. It may include frequent exams to monitor your condition, laser treatment, and other procedures.

Monitoring Your Vision

At first, your doctor may simply want to monitor your vision. In some cases, you may also have an angiogram. This test uses a special dye to create detailed images of the retina. These images help your doctor decide whether special treatments are needed. You may also have ocular coherence tomography (OCT) testing. This uses light waves to see if there is fluid leaking into certain parts of the eye. It can also measure the thickness of the retina.

Types of Treatment

Special treatments can help stop bleeding, slow or stop new vessel growth, and preserve vision. The type of treatment you get depends on your condition.

- Laser treatment can help stop leaks and limit abnormal vessel growth.
- Surgery can remove the vitreous. This may help if the vitreous becomes filled with blood and obscures your vision.
- Cryotherapy shrinks blood vessels and repairs the retina.
- Medications injected in the eye can help decrease swelling of the retina.

Laser is one type of treatment that may help limit vision loss from diabetic retinopathy.

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