

WHAT TO ASK YOUR EYE HEALTH PROFESSIONAL: FOR PEOPLE DIAGNOSED WITH DIABETIC EYE DISEASE (DED)



**Macular
Disease
Foundation**
AUSTRALIA

After you're diagnosed

When diagnosed with any disease or condition, it's important to obtain as much information as possible. Knowing and understanding this information helps you manage your health and any treatment or lifestyle changes you may need to undertake.

When visiting an eye health professional

- Write down any questions you might have beforehand and take them to your appointment. Also bring a list of your current medications
- It may help to take notes or have a friend or family member present
- Ask your eye health professional to write down your diagnosis and any instructions you need to follow
- Don't be afraid to repeat a question if you don't fully understand the answer

Suggested questions

It can be overwhelming when you're first diagnosed with diabetic eye disease (DED). The following list of questions may help with what to ask.

About the diagnosis:

- What kind of DED do I have?
- Are both eyes affected?
- Can my DED be treated? If so, how?
- How will my DED affect my vision now and in the future?

About diet and lifestyle:

- What can I do to reduce my risk of progression?
- Does my diet and exercise regimen affect my DED?
- Where can I get help to maintain a diet and exercise regimen?
- Does my blood pressure, blood lipids and blood glucose affect my DED?

About changes in vision:

- How often should I have my eyes checked?
- What should I do if my sight changes?
- When should I contact you as a matter of urgency?
- What is the contact number to call if I have an emergency after hours or on weekends?

Eye health checklist

- ☐ Have regular eye examinations, including a dilated examination of the retina
- ☐ Don't smoke
- ☐ Optimise control of your blood sugar levels, blood pressure, and cholesterol, and exercise regularly
- ☐ Minimise carbohydrate intake, or choose low glycemic index (GI) carbohydrates instead of high GI, whenever possible
- ☐ Protect your eyes from sunlight with sunglasses and a wide-brimmed hat

Important: Check with your doctor before making any changes to your diet or lifestyle.

Need more information?

Learn more about macular disease at www.mdfoundation.com.au.

How's your macula? Take the quiz at www.CheckMyMacula.com.au.

You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on **1800 111 709**.

MDFA has a free newsletter and you can sign up to receive invitations to education sessions and events in your area.

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease, by providing up-to-date information, advice and support.

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