

病因

糖尿病是身體利用及儲存葡萄糖的機能出現問題。患者體內血糖長期不受控制及偏高，引致體內血管出現毛病例如滲漏等問題，便會影響組織的新陳代謝及器官的正常能，當這情況在眼球出現，便是糖尿病眼。

糖尿病影響眼睛最常見的有：

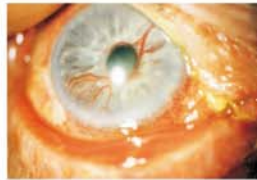
- 白內障 - 與年老所引起的成因不同，由於患者身體血糖濃度過高及波動很大，晶體因此變得混濁，度數也會不穩定，少數白內障病患會於數天內熟透。
- 糖尿病視網膜病變分三階段：
 - 1) 由於患者視網膜的血管部分變窄或阻塞，部分血管則擴大形成囊狀，這樣會使血液及血管內容物滲漏出血管，因而引起視網膜組織的水腫與氧氣的供應不足。如滲漏未至黃斑部，視力暫時不會受很大影響。
 - 2) 若情形繼續惡化，大量血液漏出便會造成視網膜細胞壞死並影響光線訊號的接收。而當滲出物集中於黃斑部引起黃斑水腫，視力將逐漸減退。
 - 3) 若病情繼續不受控制，由於氧氣長期供應不足，新生血管持續增長；由於新生血管的管壁十分脆弱及容易爆裂，血塊便會滲入眼球內的玻璃體內，使視力突然惡化，或進一步牽扯視網膜造成視網膜脫落而導致失明。
- 繼發性青光眼 - 眼球內組織長期缺氧，新增血管長至虹膜並阻塞前房水流動，眼壓上升便會形成新生血管青光眼。



糖尿病眼

預防及治療

首要是針對病源，必須嚴格控制血糖；血壓高及膽固醇高也會直接增加糖尿病的機會。按指示服藥、控制飲食及做適量運動，這樣才有效阻止或減緩糖尿病的發生。病人也應該作週年全面眼睛及視覺檢查。早期糖尿病眼可以是毫無徵狀，也不一定需要治療，但卻是一個警號告訴你糖尿病控制未如理想。若發現情況較嚴重，便應早作出適當治療，例如激光治療、玻璃體切割手術、眼內注射類固醇等，保障視覺，避免不可復原的損害。



繼發性青光眼



UMP Eyecare and Optometry Centre
宏康眼科保健及視光中心

如需預約或查詢請致電

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星期一至星期日 上午十時至下午八時
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佐敦

彌敦道238號15樓06-07室
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星期一至星期六 上午九時至下午一時
下午二時至下午七時
星期日及公眾假期 休息

糖尿病眼 Diabetic Eye Disease

青光眼
Glaucoma

飛蚊症
Floaters

糖尿病眼
Diabetic Eye Disease

常見
眼睛
疾病

Common Eye
Diseases

視網膜
脫落
Retinal
Detachment

斜視
Strabismus

老年性
黃斑點
退化
Age related
macular
degeneration

Causes

Diabetes is malfunction of glucose utilization and storage in the body. When the blood sugar level is persistently high and uncontrolled, it can damage the blood vessels and cause blood vessels leakage. This will affect the metabolism and function of the organs. When this situation happens in eye, it is called Diabetic Eye Disease.

Eye diseases caused by diabetes include:

- Cataract – Difference from cataract caused by aging, lens will become turbid and refractive error is also unstable. This happened due to the concentration of blood sugar level is extremely high and fluctuant. In some case, diabetic cataract will be mature in few days.
- Diabetic retinopathy is subdivided into 3 stages:

Stage 1 (non-proliferative): Some of blood vessels in retina becomes thin and block and others become swell and form pouch shape. Then, blood vessels will leak fluid or bleed and cause retina tissues edema and ischemia. If the leakage does not involve macular, it would not affect the vision seriously.

Stage 2 (pre-proliferative): If the situation continues to get worse, severe bleeding will cause the damage of retina cells and affect the receipt of light signal. The macular will be swelling if the fluid or bleed concentrate in the macular area. Vision will drop gradually.

Stage 3 (proliferative): When the situation is out of control, new blood vessels (called neovessel) grow continuously due to insufficiency of oxygen supply, which is called neovascularization. These neovessels can lead to serious vision problems because they easily break and bleed into the vitreous. Affected vitreous will generate a tractional force which cause retinal detachment and lead to blindness.

- Secondary Glaucoma – new blood vessel may grow on the iris due to long term oxygen insufficiency of the internal eye tissues, fluid flow inside the eye will be blocked, intraocular pressure increases and finally leads to neovascular glaucoma.



Diabetic eye



Secondary Glaucoma

Prevention and Treatment

Strictly control the blood sugar level is the main prevention for Diabetic Eye Disease. High blood pressure and cholesterol level can also increase the chance of causing this disease; therefore, obtain the medication, control the diet and do adequate exercises are the most effective way to prevent the Diabetic Eye Disease. Diabetic people should perform comprehensive eye check annually. In early stage of Diabetic Eye Disease, treatment may be not necessary; however, it would be a sign of inadequate diabetic control. In the severe case, treatment such as laser coagulation, vitrectomy and intravitreal steroid injection may help to prevent further progression of the disease, but vision lost maybe irreversible.



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For enquiry or appointment, please call

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