



## Broward County Government Newsletter

November 2020

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### Community Care Plan, “the health plan with a heart”

#### November is Diabetic Eye Exam Month.

##### What is a Diabetic Eye Exam (Dilated Retinal Exam)?

A diabetic eye exam is an exam performed by a healthcare provider to check your eye health.

##### The dilated retinal exam consists of the following:    The digital retinal scan includes:

- Snellen Chart: The healthcare provider will have you read letters and numbers off of a chart.
- Dilation: The healthcare provider will use eye drops to dilate your eye. This may sting, and give you a metallic taste. The healthcare provider will use a magnifier and bright light to check the back of your eye to see if diabetes has caused damage. He or she will also use a slit lamp to check the surface of your eye.
- Camera: A healthcare provider takes pictures of your eye with a special camera to get pictures of your retina without dilating.
- Review: The images from the camera are reviewed to see if you need more tests or treatment.

Source: <https://medlineplus.gov/ency/patientinstructions/000323.htm>

##### Why do I need a Diabetic Eye Exam?

Diabetes can lead to problems with the eye. Regular diabetic eye exams can help catch these problems early.

- Diabetic Retinopathy: Diabetes can cause damage to the blood vessels in the back of the eye or the retina. This damage changes how images and light are processed by the nerves and sent to the brain. Diabetic Retinopathy can lead to vision loss and blindness.
- Cataracts: Eye lens become cloudy.
- Glaucoma: This can lead to blindness through increased eye pressure.
- Macular Edema: Fluid coming into the retina that causes blurry vision.
- Retinal Detachment: This can lead to the retina in the back of your eye pulling away from your eyeball due to scarring.

##### What puts me at risk for Diabetic Retinopathy?

- Poorly controlled blood sugar
- Smoking
- High Blood Pressure
- High Cholesterol
- Long-term diabetes

Source: <https://medlineplus.gov/ency/article/001212.htm>

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*