

MODULE 7.0

Introduction: DME Diagnosis

A comprehensive eye exam screening for diabetic retinopathy (DR) and diabetic macular edema (DME) should be conducted at least once a year for people with type 1 or type 2 diabetes.¹ In this Module, you will learn about:

- Color Fundus Photography
- Fluorescein Angiography
- Optical Coherence Tomography (OCT)
- Other Types of OCT
- The Future of Detection
- Symptoms and Onset of DME

Introduction

DR develops without early symptoms or pain. Even in the advanced stages, proliferative retinopathy may not cause symptoms. DME can develop at any stage affecting vision.²

Up to 50% of DR without patients with diabetes do not get their eyes examined or are diagnosed when it is too late for treatment to be effective.³

A retinal specialist, ophthalmologist, or optometrist with experience in diagnosing, managing, and treating DR and DME is best suited to conduct screening exams.¹ A comprehensive eye exam typically includes a dilated eye exam, visual acuity test, and tonometry. These tests can detect early signs of DR or DME, such as²:

- Retinal blood vessels that leak
- Damage or any change to the blood vessels
- Swelling or thickening of the retina

References

1. American Diabetes Association. Standards of medical care in diabetes - 2010. *Diabetes Care*. 2010;33:S11-S61.
2. National Eye Institute. Facts about diabetic retinopathy. <http://www.nei.nih.gov/health/diabetic/retinopathy.asp>. Last edited September 2015. Accessed October 18, 2015.
3. Centers for Disease Control and Prevention. Common eye disorders. http://www.cdc.gov/visionhealth/basic_information/eye_disorders.htm. Last updated April 23, 2013. Accessed October 22, 2015.