



## Classification of Diabetic Retinopathy

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Diabetic retinopathy (DR) is an ocular disease affects people worldwide, also is one of complicated complications from diabetes. DR has two main stages: non-proliferative diabetic retinopathy (NPDR) and proliferative diabetic retinopathy (PDR).

NPDR is an early stage of DR causing tiny vessels growth, increasing vascular permeability and microaneurysms. Leaking fluid happens due to high permeability and cause swelling macula which results vision impairment.

PDR is an advanced stage of DR. More fragile proliferative vessels form in retina. This growth called retinal neovascularization. Immature new forming vessels are weak and thin contributing chronic retinal injury, haemorrhage, scar tissue formation and retinal detachment. PDR has higher risk of fluid leaking, vision reduction and blindness.

### Recommendation

- Manage our diabetes and daily blood sugar.
- Keep monitoring blood pressure and cholesterol levels.
- Regular food intake and don't skip any meal.
- Quit smoking and any types of tobacco.
- Pay attention on any vision change.

### Disclosure

Have no financial interest.

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