**Hudson Valley Eye Doctor**

**Dr. Elaina M. Groo & Dr. John Kaknis**

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**DIABETES , THE EYE & THE STANDARD OF CARE:**

 As your primary eye care providers we co-manage your diabetic care with your primary care doctor and endocrinologist. At your physical examinations, your physicians always ask you if you have had an eye examination. Examination and screening for the effects of diabetes is essential for your care and is a medical evaluation. Below you will find information designed specifically for you. By reading and following our explanations carefully, you will gain a better understanding of your diagnosis, and applicable treatment. It is indeed a pleasure to provide you with this reinforcement of our care.

You have been diagnosed and are being monitored and or treated for diabetes.

**DIABETES & THE EYE AND THE STANDARD OF CARE:**

**STANDARD OF CARE**

 **COMPREHENSIVE EYE EXAMINATION**

 **DILATED EXAM**

 **RETINAL IMAGING INCLUDING OPTICAL COHERENCE TOMOGRAPHY DIGITAL RETINAL PHOTOGRAPHY**

 Diabetes is the second leading cause of blindness and may soon top the list of sight-loss conditions. Diabetes and its complications can affect many parts of the eye. Diabetic eyes are 25 times more likely to develop blindness than non-diabetic eyes. Diabetes can also cause earlier development of cataracts, a higher tendency toward glaucoma, dry eye symptoms, and, most importantly, damage to blood vessels nourishing the sensitive retina.

 A comprehensive eye health examination may reveal early warning signs or simply the suggested presence of diabetes. Patient history, reported symptoms, observed changes in the retina, unexpected prescription changes, and early cataracts may all be an indication of diabetic complications. More frequent dilated eye examinations, retinal photography and retinal imaging with optical coherence tomography is highly recommended for patients with the disease, patients that are suspects, and patients with a strong family history of diabetes.

**PUPIL DILATION**

 Dilation of your eyes is a temporary inconvenience; however the benefits far outweigh the inconvenience. The pupil of the eye is the "window of the human body." The use of dilation drops temporarily increases the size of your pupils which allows us to accurately investigate the health of your eyes and many important aspects of your general health. With this valuable procedure, we are providing you with the most thorough examination possible.

**RETINAL IMAGING**

**OPTICAL COHERENCE TOMOGRAPHY (OCT)**

 Recent developments in computer imaging technology allow us to easily and rapidly image the retina utilizing a three-dimensional cross-section. This revolutionary test allows us to better understand and view disease progression of the retina, macula, and optic nerve long before actual vision loss. This technology utilizes real-time information of the living eye, analogues to an in vivo histological section of retinal tissue. Images are viewed immediately, and analyzed, utilizing a database of normal outcomes of a patient's age. The tomograph image can be compared to an ultrasound, but instead of sound, the process utilizes reflected light and converts the layered image into varied identifiable colors. This technology allows us to more accurately follow disease progression, and has quickly become the standard of care for patients with documented cautions, strong family histories, or simply to monitor the effectiveness or timing of treatment.

 **Retina / Macula:** Technology to this point has allowed doctors to study the retina and macula with sophisticated photography, however this only provides surface analysis. OCT tomography provides a different look at the retina with a side-view or cross-section. This provides a more detailed analysis of the central retina, optic nerve and macula. In addition, it compares the data collected numerically to normal eyes of the same age. These numerical comparisons over time allow us to detect subtle changes much earlier than with past testing options.

 Also, recent studies indicate that OCT testing can identify multiple sclerosis (MS) earlier in the course of the disease than other detection methods, and OCT could also be used to track the progression of MS, according to recent articles in neurology journals. We are pleased to be able to provide our patients with this advanced level of care.

**DIGITAL RETINAL PHOTOGRAPHY**

 The retina is the thin multi-layered inner lining of the back of the eye responsible for sight. It can be compared to the film in conventional cameras. Images can be instantly evaluated, and reviewed, with our patients chair-side. This technology increase the quality of the retinal exam by allowing us to view almost the entire retina, which can have important implications, not only for detecting eye disease, but also in detecting and managing other medical conditions such as hypertension and diabetes.

 Your images are stored permanently, and used to compare with future images of your retina, in subsequent exams. Our office is pleased to provide our patients with this valuable level of care.

 These tests are not included in your vision care coverage. These tests are medically necessary and are covered by your medical insurance. Co-managing and communication with your primary care doctor and endocrinologist is essential for continued good health and vision. After these tests are completed, we will send a report with the results to your physicians.

 This eye care report is provided as an advanced level of service. If you have any questions after reading this report, or if ocular, or visual symptoms persist, please contact my office immediately. Thank you for allowing us to participate in your care.

Respectfully,

Elaina M. Groo, O.D.

John Kaknis, O.D.