

Annual Eye Exam Recommended For
Those At Risk for Diabetic Eye Disease

For Immediate Release

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November is National Diabetes Month. Dr. Daniel L. Mason, Therapeutic Optometrist, encourages anyone who has, or may be at risk for, diabetes to have an annual eye examination.

“Diabetes affects 18.2 million Americans, 5.2 million of which may not know they have the disease,” Dr. Mason said. “One of the health problems associated with diabetes is diabetic retinopathy, a disease of the eye which can cause blindness.”

Diabetic retinopathy can weaken and cause changes in the blood vessels that nourish the retina. Symptoms may include blurred vision, cloudiness and/or “floaters”.

Diabetes also increases a person’s risk for developing other eye diseases, Dr. Mason added. Persons living with diabetes are 40% more likely to develop glaucoma and 60% more likely to develop cataracts.

“But the early stages of diabetic retinopathy may produce no visual symptoms at all,” Dr. Mason said. “That is why it is so important for anyone who has diabetes or a family history of diabetes to have a yearly comprehensive eye health examination.” “Early detection and treatment are essential,” Dr. Mason added, “because once damage has occurred, the effects are usually permanent.”

Dr. Mason owns Bonita Point Family Optometry and practices at located at 180 Otay Lakes Rd., Suite 201, in Bonita, CA. and is a member of Vision Source, the nation’s number one network of private practice optometrists. Founded in 1991, The Vision Source network includes more than 2,200 offices in all 50 states and in Canada.

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