

Preventing Blind Risks, Diabetes Patients Urged to Have Routine Eye Check

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Diabetes Mellitus (DM) impacts the life of the patient. The symptoms include body weakening and weight loss as well as having risks to blindness. This is because the high sugar level in the blood pressurises the eye balls and the break of blood vessels around the retina of the eye. "The break will obstruct vision, eventually causing blindness," said ophthalmologist at Dr. Sardjito General Hospital, dr. Bayu Sasongko, Sp.M(K), during the free eye checks for non-teaching staff from Universitas Gadjah Mada on Wednesday (7/12) in UC UGM.

According to Bayu, risk to blindness happens to patients that have suffered DM for almost 10 years. "The disease is usually already chronic, (the patient) already suffering for 10 years," he said.

He added the research showed that in 3 patients of DM there is one experiencing diabetic retinopathy or damaged blood vessels around the retina due to diabetes.

He suggested the patients to have regular eye checks every six months to prevent the effect of eye disorders. "Surgery can be done or medication can be given as anticipatory ways," said the Faculty of Medicine lecturer.



He advised people to avoid DM and risk to blindness by having healthy diet and regular exercise.

Suharyadi, one member of staff at the Student Affairs Directorate, said he was happy with the free eye check during the UGM anniversary celebrations that is very useful to aging people like himself. "We're happy that this free eye check is given, moreover the anniversary committee has provided up to 200 spectacles free for the staff," he said.

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