



Taking Care of Your Eyes with Diabetes

Melbourne Eyecare Clinic
Department of Optometry and Vision Sciences
The University of Melbourne

Regular eye examinations for diabetic eye disease are an important part of a proactive approach to keeping healthy. Early detection and early treatment are key in protecting your eyes.

You have been referred to Melbourne Eyecare.

It is recommended that you have an eye examination **every 1-2 years**.
This may be more frequent if we need to monitor you closely.

At Melbourne Eyecare



Patient-Centred Approach

- Bulk-billing available under Medicare
- Provide advice on how to manage your eyes with diabetes



Comprehensive Care

- Appropriate management for diabetes and other eye conditions
- Comprehensive eye test for your overall eye health



Coordinated Care

- Effective communication with GPs so everyone stays informed about your care
- Prompt referral to the eye specialist if required



High Quality Care

- Sophisticated equipment to examine and document your eye health
- Committed to the latest research and excellence in eyecare



Accessible Care

- Easily obtain optometrist appointments at short notice
- Located close to public transport and parking



Contribute to Research in Evidence-based Primary Care

- Help contribute to research in diabetic retinopathy and improve how we manage diabetic eye disease



See with us at Melbourne Eyecare

200 Berkeley Street, Carlton, 3053 | 9035 6666 | uni-eyecare@unimelb.edu.au

What to expect

What can happen to your eyes?

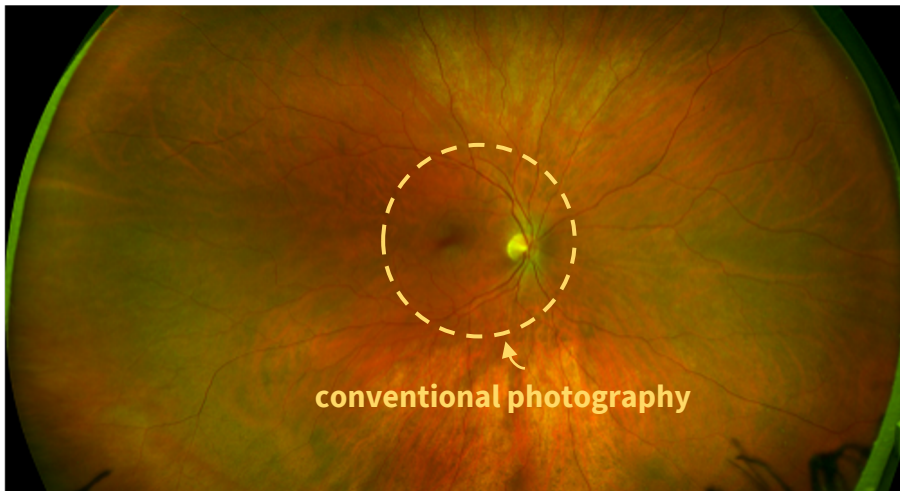
The retina is the nerve tissue which lines the inside of the back of the eye and is vital for us to see. But the retina is also most at risk to be damaged by diabetes.

Diabetic Eye Disease

There are two main components of diabetic eye disease. The first involves changes in the retina and is what we refer to as '**diabetic retinopathy**'. The second is '**diabetic macular oedema**' which refers to swelling of the central part of the retina.

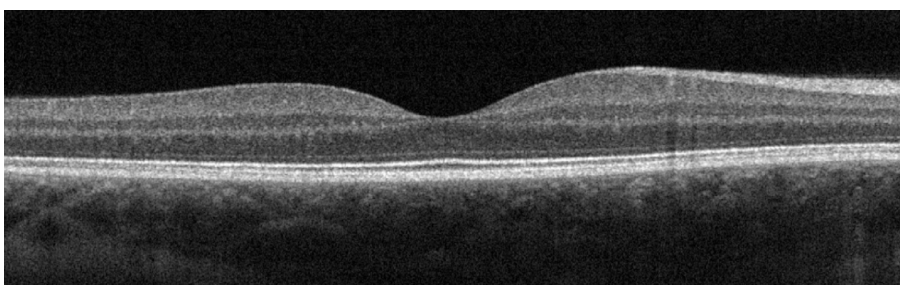
During your eye test, we may place drops in your eyes to dilate your pupils. This allows us to check the health of the eye thoroughly. The drops will make your vision temporarily blurred and we do not recommend driving immediately after the visit.

We may take photos or scans of the back of the eye in order to document any potential changes due to diabetes. At Melbourne Eyecare, we have the latest imaging technology to assist us with accurate and timely diagnosis of eye disease.



Advanced Ultra Widefield Photography

Widefield imaging to easily photograph an extensive area and document changes



Optical Coherence Tomography (OCT)

Taking cross-sectional images of the retina to diagnose changes in, or under the tissue

After your appointment

After your appointment you will be told whether you have any diabetic eye disease. If you do, you will be told the level of severity of each condition. You will also be told whether you need to be referred to an ophthalmologist or when you need to return for further monitoring.



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