

HealthWatch

A Publication of ON-SIGHT Nursing Home Services

What do your eyes and your feet have in common? Both have been called the mirrors of your health. Despite being at opposite ends of your body, your eyes and feet often reflect your overall health. Many illnesses show early signs in the eyes, including hypertension and diabetes. Early signs of arthritis, diabetes, and circulatory diseases can be seen in your feet.

Clearly, the health of your eyes and your feet has a big impact on your quality of life. Preserving vision and mobility is the goal of the ON-SIGHT Nursing Home Services.

Through our affiliated doctors and staff, we have visited nursing homes throughout the southeastern United States to provide high quality care since 1996. Our staff is committed to treating nursing home residents in a professional and caring manner.

Don't Lose Sight of Diabetic Eye Disease

More than 35% of the senior population suffers from Type I or II diabetes, according to the American Diabetes Association. Nursing home residents are particularly susceptible to developing a potentially blinding condition called Diabetic Retinopathy. Since symptoms don't develop in the early stages of Diabetic Retinopathy, a comprehensive eye exam is usually the only way to diagnose this disease.

Over time, diabetes can weaken the small blood vessels that nourish the retina, the delicate lining at the back of the eye containing light sensitive nerve cells needed for good vision.

When these blood vessels begin to leak, develop brush like branches or become enlarged, the condition is called diabetic retinopathy. Vision changes often result, including blurred or side vision, a blind spot in the center of vision, cloudy or hazy vision, or seeing floaters. In later stages, blindness can result.

Unfortunately, these symptoms often don't appear in the early stages of the disease. That's why we recommend that everyone with diabetes have a thorough eye health and vision examination at least every year. With timely diagnosis and treatment, most diabetics can maintain good vision.

EyeAmerica[®]

ON-SIGHT Nursing Home Services provides high quality vision and podiatric care services to nursing homes throughout the Southeastern United States. ON-SIGHT Nursing Home Services is a division of the EyeAmerica network.

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