

Diabetes mellitus is one of the most common chronic diseases in developed countries. The typical problem of late age is diabetic retinopathy, where is the first of small damaged retinal blood vessels, which ultimately causes the deterioration or total loss of vision.

In patients with DM 1st type in the time of diagnosis of diabetes is usually not even present DR. After five years of diabetes, however, suffer from disabilities of the retina for 17% and after 15 years the incidence increases to 98%. At 2-type-diabetics DR is present at the time of diagnosis, after 5 years of illness DR is present in up to 40% of patients after 15 years with the increase in retinal disorders in up to 80%.

The prevention and progression of diabetic retinopathy plays the role of a comprehensive, interdisciplinary, collaboration, diabetologists, internists, general practitioners and ophthalmologists.

Long-term glycemic control with maintaining normoglycemic blood levels and control of hypertension remain the cornerstone of primary prevention of diabetic retinopathy.

Secondary prevention, which involves laser photocoagulation of the retina, will prevent further progression of diabetic retinopathy has caused and prevent the deterioration and loss of vision.