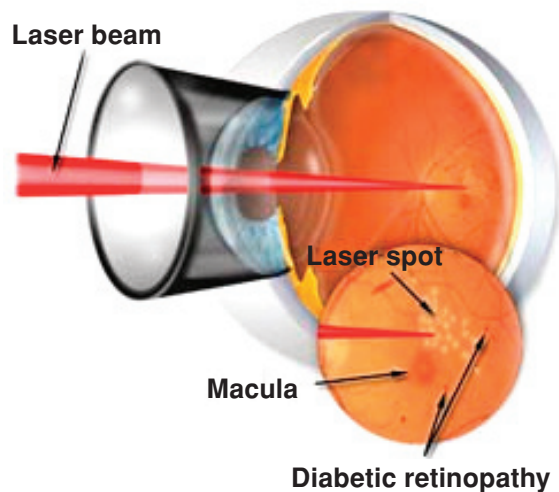


### Laser Treatment of Diabetic Macular Edema

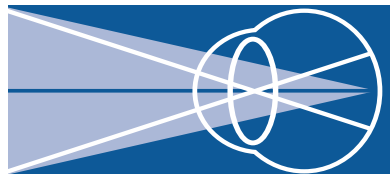


*Small laser burns placed in the macula*

The physicians at Retinal Consultants have years of training and experience taking care of patients with complex retinal disease. We will provide the best most comprehensive care available anywhere. Preserving your vision is our vision.

C HH03

## Retinal Consultants



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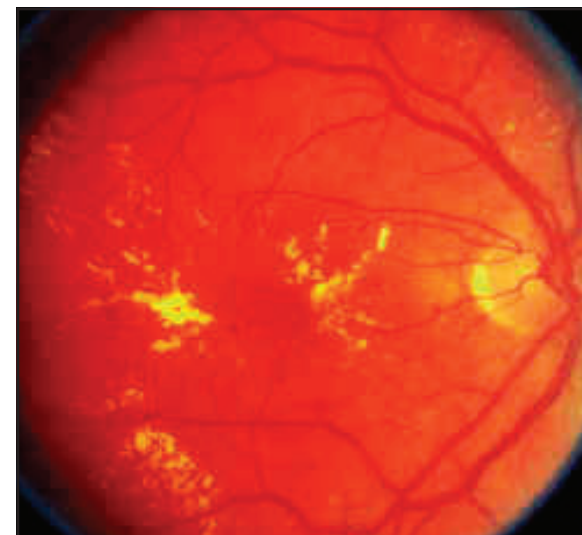
Monday - Friday 8am to 5pm  
*No Appointment Needed*

**Robert T. Wendel, MD**  
**Arun C. Patel, MD**  
**Robert A. Equi, MD**  
**Joel A. Pearlman, MD, PhD**  
**J. Brian Reed, MD**

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## Retinal Consultants

# Diabetic Macular Edema



**Peerless  
Experience . . .  
Uncompromising  
Care . . .**

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**What is the macula?** The interior of the eye is lined with an important layer of tissue that acts like film in a camera, allowing the eye to see. This layer is known as the retina, and its most sensitive area is called the macula. The healthy macula allows you to see clearly

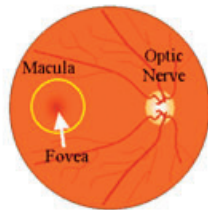


Figure 1

**What is diabetic macular edema (DME)?**

When chronic diabetes damages the delicate blood vessels within the retina, they leak fluid into the surrounding tissues. Sometimes, the macula itself can become swollen. This is called diabetic macular edema.

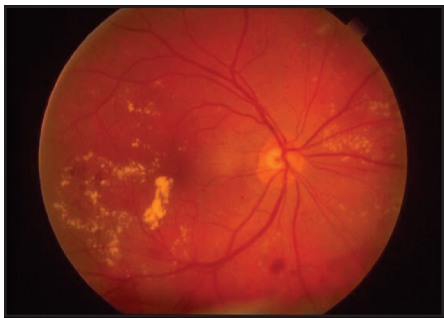
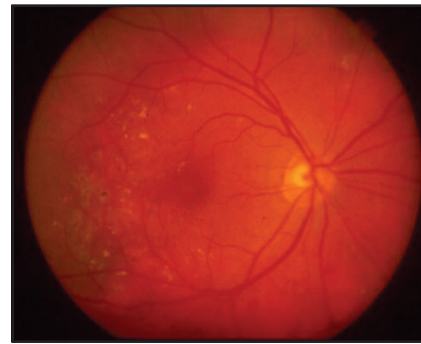


Figure 2

*Above: Before laser treatment. The retina vessels are seen at the right as they exit the optic nerve. The yellow deposits to the left indicate areas of blood vessel leakage and fatty deposits, all signs of macular edema.*



*Figure 3. Three months after laser treatment. Note that most of the fatty deposits have cleared and the edema has resolved.*

**What are the consequences of DME?**

Sometimes the disease begins without any visual symptoms so it is important that you have a careful retina exam each year. Unfortunately, DME is the leading cause of vision loss for many diabetics. The vision becomes permanently blurred even with new glasses and many cannot pass a drivers test or read without special assistance.

**How is DME diagnosed?** One of our expert physicians perform a direct examination of your macula and may recommend further evaluation with various photographic tests to help him devise the best possible plan of treatment for your eyes.

**How can DME be treated?** Your doctor may advise that you undergo laser treatment to prevent further loss of vision. Several decades of research have proven that laser cuts the risk of moderate vision loss in half.

**How is the laser treatment performed?** Laser treatment is performed in the office closest to your home. Before the surgery, your doctor will dilate your pupil and apply drops to numb the eye. The lights in the office will be dim. As you sit facing the laser machine, your doctor will hold a special lens to your eye. During the procedure, you may see flashes of light but you feel no pain. When finished, expect your vision to be quite blurry for about 10 minutes. This is normal and temporary, however you may notice some burring for the remainder of the day. You will need someone to drive you home after surgery.

**How long will it take for the DME to improve?** It usually takes several weeks to a few months for the swelling to subside. Your doctor will decide if more laser is necessary.

**What if I already have vision loss or my DME is very severe?** Laser is an indispensable tool in the treatment of DME, however some exciting new developments have recently become available to treat more advanced cases.