

# The Ultimate Guide to Screening Treatment and Healing: Everything You Need to Know!



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## Diabetic Eye Disease

**What is it?**  
It refers to eye problems people with diabetes may have. These include:

- Cataract**  
Clouding of the lens of the eye.
- Diabetic retinopathy**  
Damage to blood vessels in the retina, most common.
- Glaucoma**  
Damage to the optic nerve.

There are often NO early warning signs.

**Who is at risk?**  
→ **All people with diabetes.**

The longer you have diabetes, the higher your risk of getting diabetic eye disease.

**SYMPTOMS:** In the very early stages of diabetic retinopathy, there often are no symptoms or pain. As capillaries weaken, leak and bleed, vision may start to blur.

### COMPREHENSIVE DILATED EYE EXAM

All diabetic patients need a comprehensive dilated eye exam yearly. Eye drops dilate, or widen the pupil.

**VISUAL ACUITY TESTING**  
with an eye chart measures a person's ability to see.

**FUNDUS PHOTOGRAPHS**  
document retinal findings and allow tracking of changes.

Special lenses are used to examine the retina for damage to blood vessels.

**OCT IMAGING** uses a low power laser light to look for subtle changes in retinal layers indicating **DIABETIC MACULAR EDEMA** or swelling in the central area.

**FLUORESCIN ANGIOGRAPHY** uses a special dye injected in the arm. Retinal images are captured as the dye travels through the blood vessels identifying macular leakage (**DIABETIC MACULAR EDEMA**), the presence of high risk growing blood vessels (**PROLIFERATIVE DIABETIC RETINOPATHY**) or areas of poor blood flow (**ISCHEMIA**).

### DIABETIC RETINOPATHY TREATMENT

**LASER**  
Laser eye surgery can close or shrink new abnormal blood vessels that can leak blood into the eye and cause vision loss. It can also slow or stop the fluid leakage from the retina vessels that can cause vision loss.

**MEDICATIONS**  
Injections of anti-VEGF or steroid drugs into the eye reduces leakage from diabetic macular edema and can stabilize or improve vision. Treatments are initially used on a monthly basis and are painless, safe and effective and usually covered by insurance.

**VITRECTOMY** surgery is an outpatient procedure usually performed with local anesthesia. An operating microscope and tiny surgical instruments remove blood and scar tissue due to abnormal diabetic vessels in the eye. Laser is often performed to prevent recurrence of the bleeding. A bubble may be placed in the eye to help healing. Removing vitreous hemorrhage and scar tissue often restores vision.



- **Cornea:** The cornea is the clear outer part of the eye's focusing system located at the front of the eye.
- **Iris:** The iris is the colored part of the eye that regulates the amount of light entering the eye.
- **Lens:** The lens is a clear part of the eye behind the iris that helps to focus light, or an image, on the retina.
- **Macula:** The macula is the small, sensitive area of the retina that gives central vision. It is located in the center of the retina.
- **Optic nerve:** The optic nerve is the largest sensory nerve of the eye; it carries impulses for sight from the retina to the brain.
- **Pupil:** The pupil is the opening at the center of the iris. The iris adjusts the size of the pupil and controls the amount of light that can enter the eye.
- **Retina:** The retina is the light-sensitive tissue at the back of the eye. The retina converts light into electrical impulses that are sent to the brain through the optic nerve.
- **Vitreous gel:** The vitreous gel is a transparent, colorless mass that fills the rear two-thirds of the eyeball, between the lens and the retina.

**What are the numbers?**

7.7 million people ages 40 and older have diabetic retinopathy. Will reach 11 million people by 2030.

**95%** of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

Stay on **TRACK** to protect vision

**PROTECT YOUR VISION FROM DIABETES**

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**

**T**

Take medications as prescribed

**R**

Quit and reduce alcohol usage

**A**

Get your blood pressure under control

**C**

Control your blood sugar

**K**

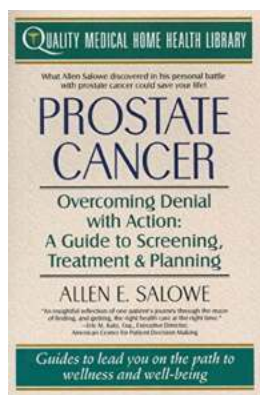
Quit smoking

Images modified from [www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)  
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Welcome to our comprehensive guide to screening treatment and healing. In this article, we will provide you with all the necessary information you need to know about screening, treatments, and various healing methods.

## Why Is Screening Important?

Screening plays a crucial role in detecting diseases or conditions in their early stages. Early detection can lead to effective treatments and better chances of healing. Regular screenings can help identify health issues before symptoms even appear, helping you save time, money, and possibly even your life.



## Prostate Cancer: Overcoming Denial With Action: A Guide to Screening, Treatment, and Healing

by Allen E. Salowe (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 827 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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## The Different Types of Screenings

Screenings can vary depending on the specific condition or disease being targeted. Some common types of screenings include:

- **Blood Tests:** Blood tests are commonly used to detect a wide range of diseases and conditions, such as diabetes, high cholesterol, and infections.
- **Mammograms:** Mammograms are essential for women to identify early signs of breast cancer.
- **Colonoscopies:** Colonoscopies are recommended for adults to check for any abnormalities or signs of colon cancer.

- **Pap Smears:** Pap smears are crucial for women to screen for cervical cancer.

## Treatment Options for Various Conditions

Based on the results of screenings, various treatment options may be recommended. It's important to remember that each condition requires a tailored approach, and it's always best to consult with a healthcare professional for personalized advice.

The following are some common treatment options:

- **Medication:** For certain diseases or conditions, medication can be prescribed to manage symptoms, slow progression, or even cure the problem.
- **Surgery:** In some cases, surgical intervention may be necessary to remove tumors, repair injuries, or restore normal bodily functions.
- **Therapies:** Therapies such as physical therapy, occupational therapy, or speech therapy can help individuals regain function and improve their quality of life.
- **Alternative Healing Methods:** Some individuals prefer alternative healing methods such as acupuncture, herbal remedies, or energy healing techniques. While their effectiveness varies, they can be worth exploring alongside conventional treatments.

## Focus on Healing: Aftercare and Rehabilitation

Healing doesn't stop once treatments are completed. Aftercare and rehabilitation are vital in ensuring a full recovery and preventing relapse. It's crucial to follow

the advice of healthcare professionals and take an active role in your own healing process.

Rehabilitation may include:

- **Physical Rehabilitation:** Physical therapy and exercises to regain strength and mobility.
- **Emotional Support:** Counselling or therapy sessions to address any emotional challenges or trauma related to the condition.
- **Self-Care Practices:** Adopting healthy habits, such as proper nutrition, exercise, and mindfulness techniques, to support overall well-being.

## Prevention and Maintenance

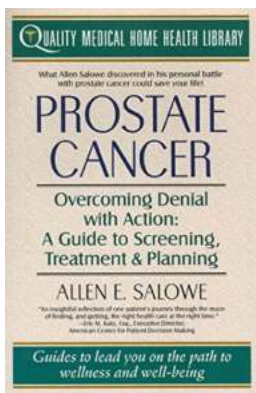
While screenings and treatments are crucial, focusing on prevention and maintenance is equally important. By adopting a proactive approach, you can reduce the risk of developing certain conditions and maintain overall health.

Here are some preventive measures you can take:

- **Regular Exercise:** Engaging in physical activity regularly can improve overall fitness and reduce the risk of various diseases.
- **Healthy Diet:** Consuming a balanced diet rich in fruits, vegetables, and whole grains can provide essential nutrients and lower the risk of many health conditions.
- **Avoiding Harmful Substances:** Quitting smoking and limiting alcohol intake can significantly reduce the chances of developing serious health issues.
- **Stress Management:** Practicing stress-reducing techniques, such as meditation or yoga, helps maintain overall well-being.

Screening plays a vital role in detecting diseases early, leading to effective treatments and a higher chance of healing. With the right treatments, aftercare, and preventive measures, it's possible to overcome various conditions and enjoy a healthy life. Remember to consult with healthcare professionals for personalized advice tailored to your specific needs. Take control of your health and embark on a journey to screening, treatment, and healing!

Start prioritizing your health today, and embrace the comprehensive guide we have provided to help you understand the various aspects of screening, treatment, and healing!



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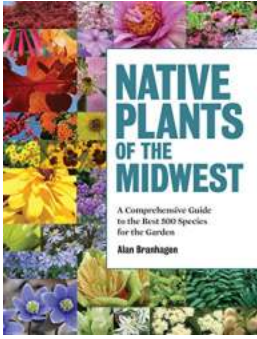
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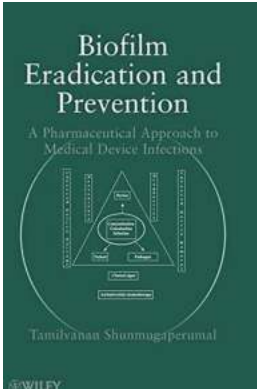


This inspiring account tells the story of how Florida businessman Allen Salowe drew from his experience in organizing and managing teams to taking charge of his own treatment plan--and his life--and triumphed in his battle with prostate cancer. Salowe explains how he utilized his skills as a problem solver, recounting his compelling odyssey to discover the path to healing.



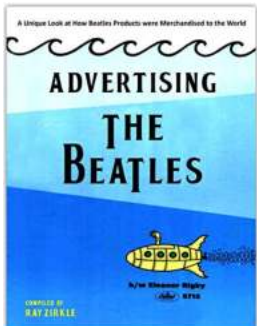
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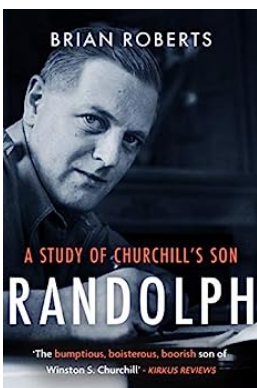
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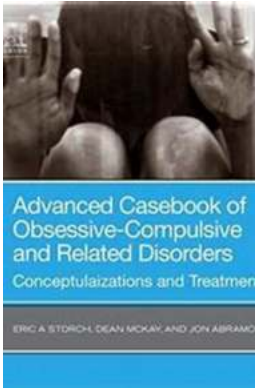
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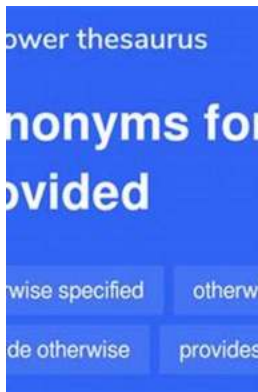
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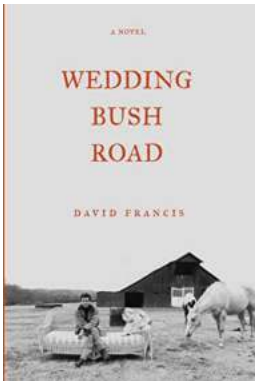
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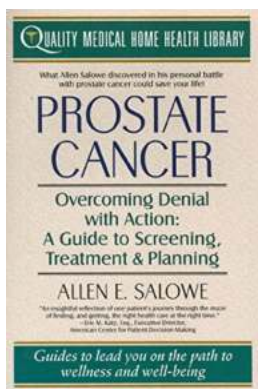
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