

## Diabetic Eye Disease Prevention in Maine

*As November has been designated as National Diabetic Eye Disease Awareness Month this is an important time to spread the word about this potentially blinding disease.*

October 26, 2012 (FPRC) -- As November has been designated as National Diabetic Eye Disease Awareness Month this is an important time to spread the word about this potentially blinding disease.

'Vision loss from diabetic eye disease, including diabetic retinopathy, can often be delayed or even prevented if it's caught early and treated in time,' said Maine Retina Specialist Scott Steidl, M.D. of Eyecare Medical Group in Portland, Maine. Many people with diabetes still do not adhere to vision care guidelines recommending a dilated eye exam every year. 'We really need to make this happen,' urged Retina Specialist Jackie Nguyen, M.D. 'As part of Diabetic Eye Disease Awareness Month we are urging people with diabetes to have a dilated eye exam every year. The longer a person has diabetes, the greater his or her risk for developing diabetic retinopathy.'

Diabetic retinopathy does not only affect people who have had diabetes for many years, it can also appear within the first year or two after the onset of the disease. Blood sugar levels can weaken blood vessels causing them to break down which causes swelling, hemorrhages and lipid deposits that can ultimately lead to vision loss. More ominous is the effect of the blood vessel breakdown and oxygen deprivation in promoting fragile new blood vessel growth that can easily break resulting in vitreous hemorrhage, retinal detachment and devastating vision impairment. Patients can help to reduce the risk of developing diabetic eye disease by not smoking, controlling their cholesterol and lipid profile and blood pressure, as well as working to eat a heart-healthy diet rich in fish, fruit and green leafy vegetables and exercising.

Eyecare Medical Group is a leading ophthalmology practice in Portland, Maine staffed by a team of eye care specialists including eye doctors who are fellowship trained glaucoma specialists, retina specialists, cornea specialists and cataract and lens implant specialists-all board certified Ophthalmologists-as well as Optometrists, Opticians, technical and administrative staff who provide eye examinations for adults and children, cataract surgery and intraocular lens implants, (IOL), laser vision correction such as LASIK, diagnosis and treatment of cornea disease including cornea transplants, care for diseases of the retina including diabetes and age related macular degeneration and diagnosis and treatment of glaucoma.

To learn more about Eyecare Medical Group in Portland Maine you may visit <http://www.eyecaremed.com> or <http://www.facebook.com/eyecaremedicalgroup>.

For additional information, contact:

Kathy Brackett, Eyecare Medical Group, 53 Sewall Street, Portland, Maine 04102, [kbrackett@eyecaremed.com](mailto:kbrackett@eyecaremed.com), 1-888-374-2020

SOURCE: Medical Management Services Group, L.L.C.

<http://www.aboutcataractsurgery.com>

<http://www.seewithlasik.com>

**Contact Information**

For more information contact Kathy Brackett of Eyecare Medical Group  
(<http://www.eyecaremed.com>)  
1-888-374-2020

**Keywords**

[diabetic eye disease maine](#)  
[diabetic retinopathy maine](#)  
[diabetic eye disease Portland maine](#)

You can read this press release online [here](#)