

# Diabetic Retinopathy

Retinopathy refers to changes of the retina, which is the layer of tissue at the back of the eye. This part of the eye has many small blood vessels that can change or become damaged. These changes depend on the duration of diabetes and the degree of blood glucose control.

## Type I Diabetes

Most commonly occurs after the onset of puberty or 5-10 years after diabetes diagnosis

An initial dilated eye examination should be obtained at the start of puberty or when you turn 10 years old and have had diabetes for 3-5 years.

## Type II Diabetes

Some newly diagnosed can already have

Initial ophthalmologic exam should be soon after diagnosis.

After initial exam, annual or bi-annual exam is recommended.

Routine eye examinations should be performed by a network optometrist who is knowledgeable and experienced in diagnosing diabetic retinopathy.

**TRICARE Prime beneficiaries** do not need a referral for a routine eye exam

**TRICARE Standard beneficiaries** do not have routine eye exam coverage (except vision screening through age 5 under the well child benefit). However, diagnostic eye exams are covered. Both routine and diagnostic eye exams will look at the health of the retina.

Call the Tri care info # (1-877-874-2273) or go to [www.healthnetfederalservices.com](http://www.healthnetfederalservices.com) for a list of providers.

Once your exam is complete please ask your Provider to mail or fax your report of exam to Pediatric Endocrinology at NMCP (757)953-0877 (fax).

