

FAQs

Find answers to your frequently asked questions about wet DME

DME FAQs

What is DME?

Diabetic macular edema, or DME, develops from an eye condition called diabetic retinopathy, or DR. It is a leading cause of vision loss in people with diabetes and can develop at any stage of DR. DME is associated with swelling or thickening of the retina and leaking of blood and fluid into the macula, a small area in the back of the eye that allows for sharpness of vision. This sets a number of processes into motion, including triggering high levels of vascular endothelial growth factors, called VEGF. Excess VEGF contributes to leaky blood vessels and ultimately cause the macula to swell and thicken.

Is there a cure for DME?

Currently, there is no cure for DME. However there are effective treatments available. These include anti-VEGF treatments that attack factors that contribute to DME, focal laser photocoagulation which stabilizes vision and corticosteroid therapy that works by targeting different mechanisms of the disease.

How can I decrease my risk for DME?

There are several important things you can do to help reduce your risk of DME. These include addressing the underlying factors that contribute to DME, including monitoring and controlling your blood glucose level, your blood pressure and your cholesterol and lipids. This can be achieved by following your doctor's instructions and taking any medications he or she recommends, as prescribed.

How do I know if I have DME?

If DME has advanced to the point where there are symptoms, these may include patches of vision loss, blurry vision or colours that look washed out or faded. At the first sign of these symptoms, it is very important to see an eye care professional in order to have the best chance to delay vision loss.

How can I find support for DME?

There are many organizations prepared to help people looking for support for DME. Some national organizations may host events in or near your area that you can attend and others may even have a local branch that you can consult for support.

What is an eye care specialist and how do I find one?

Eye care specialists include ophthalmologists and retina specialists, doctors who are highly trained in diseases of the eye, including DME. He/she can help diagnose and recommend treatment for DME and can be a valuable resource by providing information and answering your questions. If you think you need to see an eye care specialist, talk to your doctor or optometrist about getting a referral.