

Retinal Photograph

QUIZ

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Detection of diabetic retinopathy (diabetes eye disease affecting the nerve tissue at the back of the eye) by retinal photography is a common and accepted practice in Singapore. The Diabetic Retinal Photography Programme (DRP Programme) which started in the Polyclinics has been in existence since 1991.

A fairly common 'incidental' finding is what you would see in the photographs below. They belong to a mother and son.

ANSWERS

1. The white round portion (optic nerve cup) is larger than the norm in both eyes in both sets of photographs. These are so-called glaucoma optic disc cupping. Both mother and son have open angle glaucoma.
 2. Risk factors and associations of glaucoma include increasing age, family history, diabetes, heart disease, high blood pressure, hypothyroidism and use of steroids.
 3. Chronic glaucoma is the leading irreversible cause of blindness. You are not expected to 'read' the above photographs yourself. However if your primary care doctor or optometrist find that you have suspicions of having enlarged optic nerve 'cup' you need to be assessed further by your own Ophthalmologist or Eye Specialist. Not all eyes with enlarged optic disc cup are caused by glaucoma, however.