



Hypertensive Retinopathy

The Following Information has been Prepared for You:

High Blood Pressure can cause changes in the blood vessels in the back of the eye. Blood vessels can become abnormally thin and obstructed. This can cause blood to leak out of the vessels and onto the surrounding tissue. Blood carries important oxygen and nutrients to the tissues, so when they do not get these critical elements, the tissue starts to atrophy and become dysfunctional. When this occurs in the back of the eye, the retina becomes permanently damaged and blindness can occur.

Your eye doctor can detect these changes when the back of the eyes are examined. Hemorrhages, pale tissue, abnormal fibrosis, swelling and irregularly shaped or blocked blood vessels can be seen. When these things are detected, you are diagnosed with "hypertensive retinopathy."

Your doctor may suggest taking photographs of your eyes, or running additional tests such as a visual field analysis. This allows them to get baseline data in order to track changes over time. You will most likely require eye exams every 3-6 months to monitor for progression or regression. Additionally, you will be referred to your primary care doctor or internist for more aggressive treatment of your high blood pressure. More severe cases of hypertensive retinopathy may require referral to a retina specialist for surgical intervention.

You will need to monitor your vision daily for any abnormal changes, such as loss of central or peripheral vision, very distorted vision, pink-tinged vision, sudden onset of floaters or flashing lights. An "Amsler Grid" may be given to you to assist with at-home monitoring of your vision. You will need to work with your primary care doctor or internist to watch for or manage co-existing conditions such as high cholesterol / triglycerides, diabetes, sleep apnea, etc.

You should consider consulting with a dietician and exercise trainer to maximize your overall health.

Contact our office with any significant vision changes or emergencies that you feel require immediate attention.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

Provider Contact Information

Family Eye Care & Pediatric Vision Center, PLLC
Melissa Holliman, OD
David Holliman, OD
Brandon Holliman, OD

1203 N. Eastman Rd
Kingsport, TN 37664
Phone: (423) 274-3321
Fax: (423) 247-3631
FamilyEyecareKingsport@gmail.com
Website: DrHolliman.com