



# RETINA RISK

## The Revolutionary Retina Risk App

The Retina Risk App is a unique and novel tool that empowers persons with diabetes to monitor their individualized risk of developing sight-threatening diabetic retinopathy, which is one of the most common causes of blindness world-wide. It is designed by an Iceland-based company founded by academics and health-care providers with over 30 years' experience in screening for persons with diabetic retinopathy and treating diabetes.

The global diabetes epidemic has tripled since 2000, to some 430 million persons worldwide, and is expected to exceed 600 million by 2045. Two-thirds of persons with diabetes develop diabetic retinopathy and one-third develop sight-threatening diabetic retinopathy over twenty years. These patients are at high risk of vision impairment or even blindness if not diagnosed and treated in a timely manner.

Systematic eye screening and preventive treatment are known to dramatically reduce diabetic blindness. The Retina Risk App is a clinically-validated risk calculator that allows persons with diabetes to assess in real-time their individualized risk for sight-threatening diabetic retinopathy, based on their risk profile, and to track the progression of the disease over time. It includes detailed guidelines and useful information on diabetes, diabetic retinopathy and improved self-care, which allows patients to better understand their condition and become an active participant in their own wellness journey.

The Retina Risk App empowers persons with diabetes to become more involved in their health care decision-making. It supports patient self-management by demonstrating the importance of regular eye examinations and seeking timely medical assistance. It motivates persons with diabetes to become more responsible and better-informed patients. The App's easy-to-visualize, effective and efficient patient education tools vividly demonstrate how improvement of modifiable risk factors (e.g., blood glucose, HbA1c, blood pressure) could significantly lower the risk of potentially blinding diabetic eye disease and expensive interventions.

The algorithm at the core of the Retina Risk App is based on extensive international research on risk factors known to affect the progression of diabetic retinopathy, such as duration of diabetes, gender, blood pressure and blood glucose (HbA1c) levels. Clinical validation in 20,000 persons with diabetes is robust and the results have been published in several respected medical journals.

The Retina Risk App does not store any health-related data. The clinical values can be inserted manually but where electronic health records are available, the access is facilitated through the *digi.me* platform.

The Retina Risk App is free of charge and our goal is to get it in the hands of as many persons with diabetes as possible around the world. The Retina Risk App can be downloaded using the following links:

Google Play - <https://play.google.com/store/apps/details?id=com.retinarisk>  
Apple Store - <https://itunes.apple.com/us/app/retinarisk/id1370996145?mt=8>

Additional information can be found on the website - [www.retinarisk.com](http://www.retinarisk.com)

