New Article from Brusco Vision Offers Clear Answers for Patients and Reporters about Cataract Surgery and Diabetes

July 11, 2025

FALLS CHURCH, VA - July 11, 2025 -

Diabetes is a leading cause of vision loss in the United States, and cataracts are a common complication of the disease. With millions of Americans living with diabetes and increasing numbers of them developing cataracts at an earlier age, a growing question is whether cataract surgery is safe or advisable for people managing this chronic condition. Brusco Vision, a leading vision correction center in the D.C. area, has published a comprehensive new article addressing this issue directly: Can I Get Cataract Surgery If I Have Diabetes? The piece offers critical insight into the safety, preparation, and personalized care that make cataract surgery a viable and often highly successful option for diabetic patients.

The article emphasizes that diabetes does not disqualify a patient from receiving cataract surgery. In fact, when diabetes is well-managed and patients are closely monitored, cataract surgery can restore significant visual function and improve quality of life. However, the condition does require additional attention and planning. Diabetic patients are at higher risk of complications such as delayed healing, increased inflammation, and worsening of diabetic retinopathy or macular edema. These risks make it essential to work with an ophthalmologist experienced in treating diabetic eyes and capable of coordinating care with the

patient?s broader medical team. Dr. Michael Brusco and the team at Brusco Vision offer exactly that kind of expertise and individualized treatment.

The article notes that achieving stable blood glucose levels prior to surgery is one of the most important steps in reducing risk. Specifically, a fasting blood glucose level below 140 mg/dL and a post-meal level below 200 mg/dL are considered safe targets by most ophthalmology standards. Brusco Vision evaluates each patient?s glucose control, retinal health, and systemic condition as part of a detailed preoperative workup. When diabetic retinopathy or macular edema is present, these conditions are addressed first?sometimes requiring anti-VEGF injections or laser treatments?before proceeding with cataract surgery. The goal is to create the most stable and favorable environment for healing and long-term visual success.

One of the most reassuring takeaways from the article is that modern surgical techniques are making cataract procedures safer for diabetic patients. Femtosecond laser cataract surgery, available at Brusco Vision, offers enhanced precision and reduced trauma to the eye. This can be especially valuable when operating on more fragile eyes affected by diabetes-related vascular changes. Intraoperative technologies help Dr. Brusco minimize bleeding and inflammation, while postoperative protocols include a regimen of corticosteroids and nonsteroidal anti-inflammatory drops tailored to the patient?s specific risk profile. With this level of planning and precision, most diabetic patients achieve excellent results.

The article also addresses the important issue of intraocular lens (IOL) selection. Patients with advanced diabetic eye disease may not be ideal candidates for premium multifocal lenses, which can reduce contrast sensitivity and may not perform well in the presence of retinal damage. Instead, monofocal IOLs are often the preferred choice, offering stable and reliable vision correction with less risk of visual disturbances. Brusco Vision uses advanced retinal imaging and diagnostic tools to determine which IOL is best suited to the patient?s needs and lifestyle, ensuring long-term clarity and comfort.

Postoperative care is another area where diabetic patients require special attention. The article outlines the importance of maintaining stable blood sugar during recovery and attending all scheduled follow-up visits to monitor for complications. These include macular edema, infection, or progression of diabetic retinopathy?each of which can be managed more effectively when caught early. Brusco Vision offers close postoperative monitoring and adjusts treatment protocols as needed to support each patient?s healing process.

In addition to clinical insights, the article provides real-world guidance on questions patients often have, such as whether they need to stop taking medications before surgery, if smoking history will increase their risk, and whether corticosteroids or other anti-inflammatory treatments will be used during recovery. These details are especially valuable for reporters covering public health, vision science, and chronic disease management. The content provides a practical, expert-level overview of how cataract surgery is approached in diabetic

populations, grounded in evidence-based medicine and current best practices.

Cataracts are the leading cause of blindness worldwide, and people with diabetes are two to five times more likely to develop them. Yet many patients delay surgery due to fear or uncertainty about how their chronic condition might complicate the procedure. This article from Brusco Vision aims to address those concerns head-on with clarity and transparency. The practice?s commitment to individualized care, the use of advanced laser technology, and its emphasis on collaborative medical management are central to the message that safe, effective cataract surgery is absolutely possible for people with diabetes.

The timing of the article is particularly relevant. As the population ages and diabetes rates continue to climb, more patients will be seeking accurate information and trusted providers who understand the intersection of chronic disease and ophthalmologic care. Brusco Vision stands at the forefront of this need, offering tailored solutions that help patients move forward with confidence. Dr. Brusco encourages patients and referring physicians alike to reach out for consultations, particularly when diabetic eye disease complicates the decision-making process around cataract removal.

Reporters interested in covering this topic can access the full article on the Brusco Vision website and are encouraged to contact the practice directly for interviews, quotes, or additional medical insights. The piece is a timely and useful resource for media outlets seeking to inform the public about developments in eye care for diabetic patients. It not only answers frequently asked questions but provides a model of how proactive, personalized care can lead to safer outcomes for one of the fastest-growing patient populations in the country.

For more information, visit www.bruscovision.com or contact the media relations team at Brusco Vision to arrange an interview with Dr. Michael Brusco.

###

For more information about Brusco Vision, contact the company here:Brusco VisionMichael Brusco, MD(571) 755-2020info@bruscovision.comBrusco Vision3120 Fairview Park Dr Ste 100Falls Church, VA 22042

Brusco Vision

Brusco Vision is a next-generation vision center providing LASIK and refractive vision correction procedures to Washington DC, DMV, and North Virginia residents. LASIK, PRK, EVO ICL, SMILE, and Custom Lens Replacement (RLE).

Website: https://www.bruscovision.com/

Email: info@bruscovision.com

Phone: (571) 755-2020

