Protect Your Eyes

Diabetes can hurt your body over time.

Poorly controlled diabetes can hurt your eyes.

Because you have diabetes, you are at risk for developing diabetic eye disease.

You may also hear this called diabetic retinopathy.
What is Diabetic Eye Disease?

Like other parts of your body, your eyes have blood vessels in them.
Over time, high blood sugar can hurt the blood vessels in your eyes.

- Blood vessels can leak, swell or become clogged.
- Leaky, swollen or clogged blood vessels can cause vision loss or even blindness.

When diabetes damages the blood vessels in your eyes, this is called **diabetic eye disease**.
Diabetic eye disease can be prevented.

The first thing you can do is have your eyes checked.

An eye doctor can look and see if you have any problems with your eyes.

Everyone with diabetes should have their eyes checked once a year.
Other things you can do to prevent diabetic eye disease:

• Keep your blood sugar between 90 -130 as much of the time as possible.

• Keep your blood pressure 130 or less.
You can have diabetic eye disease and not feel anything.

In the early stages of diabetic eye disease, your eyesight is completely normal.

But as time goes on your eyesight can become blurred or have missing areas of sight.

Even if your eyesight is completely normal you should still have your eyes checked once a year.
If your doctor finds diabetic eye disease, it can be easily treated.

In the most common treatment, a beam of light called a laser can be used to seal leaky blood vessels.

This is a simple treatment that can be done in your doctor’s office.
When was your last eye exam?

If it has been more than one year since your last eye exam, schedule an appointment to have your eyes checked.

Having your eyes checked each year will help protect your eyesight.

Your last eye exam:__________________________________

Next eye exam visit:__________________________________

EYE DOCTOR APPOINTMENT