

NOW WHAT about my eyes?

Diabetes is one of those underlying health conditions that increases your risk of developing certain eye diseases, including diabetic retinopathy, glaucoma and cataracts. However, with the right plan of action, you can preserve your vision and reduce your chances of eye disease.

FACTS FIRST: Chronically high blood sugar levels are the biggest concern when it comes to eye health and diabetes. The best way to prevent eye damage is to keep your blood sugar levels in a healthy range consistently through a combination of diet, lifestyle changes, and medication as needed. Here are ways to keep your blood sugar and eye health in check.

Get a Comprehensive Eye Exam

Eat Right

Early Detection

ACT ON THE FACTS:

GET A COMPREHENSIVE EYE EXAM.

What to do? It is estimated 40 percent of people with diabetes over age 40 will develop diabetic retinopathy. Routine eye exams can help identify the early stages of eye problems and protect a person's vision. As such, it is advisable for a person with diabetes to have an eye exam at least once a year.

EAT RIGHT.

What to do? Healthy nutrition and routine exercise help control your diabetes and greatly benefit your eye health. This is why adopting lifestyle changes and learning to manage diabetes is so important. Join a DSME or DPP class so you can learn how eating right, maintaining your sugar levels, and knowing what to eat can help you maintain healthy eyesight. Click [here](#) to start your search.

SEEK HELP EARLY.

What to do? If you notice changes in your vision, don't wait for a yearly exam. Make an appointment with your ophthalmologist. Common changes in eye health are:

1. Dark, floating spots or streaks that look like cobwebs
2. Dry eyes
3. Sudden changes in the ability to see clearly, focus, or adjust to changes in light or darkness
4. Double vision (caused by nerve damage) or difficulty focusing due to vision fluctuations (caused by fluid imbalance in the lens)

Site: <https://www.cdc.gov/diabetes/professional-info/health-care-pro/diabetes-eye-health.html>



When was the last time you got your eyes checked?



When is my next eye exam scheduled for, or when and with whom shall I schedule it?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/