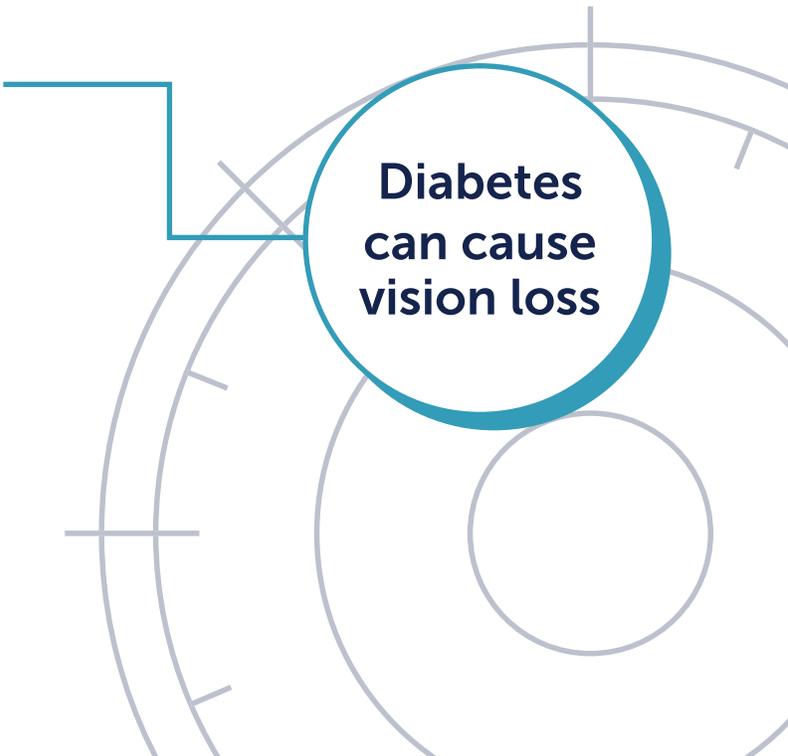


# Diabetes & Eye Exams: What You Should Know

Diabetes affects many areas of the body, including the eyes. If you have diabetes, you are at a higher risk for **DIABETIC RETINOPATHY**. Most concerning is that changes can occur in your eye **WITHOUT ANY SYMPTOMS**. The only way to know if your vision is at risk is with a **DILATED EYE EXAM**.

## WHAT DOES IT MEAN TO HAVE DIABETIC RETINOPATHY?

- Diabetic retinopathy occurs when there is damage to the blood vessels in the retina (the light-sensitive part of the eye that is crucial for vision)
- At first, you may not notice any changes to your vision
- Over time, bleeding, leaking fluid, and scarring can cause you to lose vision

A diagram of a human eye is shown in profile, with various parts of the eye outlined in grey. A teal-colored callout box with a white background and a teal border is positioned over the eye, containing the text 'Diabetes can cause vision loss'. A teal line connects the callout box to the eye's structure.

**Diabetes  
can cause  
vision loss**



# WHY DO I NEED TO KEEP SEEING MY EYE DOCTOR IF I HAVE DIABETES?

- Diabetes is a lifelong condition that affects the whole body, including your eyes
- The best way to maintain good vision is to see your eye doctor for a dilated eye exam at least once a year
- That way, any changes can be detected and treated before vision is lost
- It is much easier to maintain good vision than regain vision that is lost

**It's easier to maintain than regain**





SCAN TO LEARN MORE!

## I'M FOLLOWING MY DOCTOR'S RECOMMENDATIONS, BUT I STILL HAVE DIABETIC RETINOPATHY. WHY IS THAT?

- It can take time to slow down the effects of diabetes on the body
- Continue to see your eye doctor as directed
- Strive to maintain
  - Good blood sugar control
  - Healthy blood pressure and cholesterol levels
  - A healthy diet
  - Regular exercise
- Working together with your healthcare team can help you lead a longer, healthier life

See your eye doctor at least once a year

**Blood Glucose**  
HbA1c <7.0



**Hypertension**



**Cholesterol**



References:

National Eye Institute. Diabetic retinopathy. Updated July 30, 2021.

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/diabetic-retinopathy>