

DIABETES EDUCATION: EYE HEALTH

WHY SHOULD I GET AN ANNUAL EYE EXAM IF I HAVE DIABETES?

- » Many people have prediabetes or diabetes for years **without knowing it** because early symptoms can be so easy to miss. That's why an annual, comprehensive eye exam is **so important**—it can be a big part of prevention and early detection of diabetes-related eye problems.
- » Diabetes affects the tiny blood vessels in the **back of your eye**. Sometimes this can be something your eye doctor can see, even before you experience other symptoms. This is why yearly comprehensive eye exams are so important—they help **avoid vision loss** by looking for these conditions early on.

WHAT ARE SOME WARNING SIGNS OF DIABETIC EYE DISEASE?

Some diabetic eye diseases have **no signs** or **symptoms** until they are too obvious to ignore. Some warning signs are:

- » **Blurred** vision
- » **Dark spots** or “holes”
- » Flashes of **light**
- » Seeing an increased amount of **floaters**
- » **Poor** night vision

HOW CAN I TAKE CONTROL OF MY EYE HEALTH?

- » Scheduling and attending your annual eye exam is the **best way** to take control of your eye health.
- » Seeing an eye doctor **each year** means problems can be **found** and **treated**, and diabetic eye problems can be **prevented** or **delayed**. Unfortunately, many people with diabetes don't get their eyes examined regularly and are diagnosed too late.

