

Don't Get Caught Off Guard on Your Next Adventure



Make hotel reservations. Pack a suitcase. Fill up the car with gas. These are just a few of the things on your to-do list before you leave on summer vacation. Advance planning ensures that you aren't caught off guard and can enjoy a relaxing, stress-free getaway.

Advance planning is also a must-do if you have diabetes, especially if you are one of the 4.9 million African Americans living with the disease. To keep from getting blindsided by diabetic eye disease, take another critical step—get a comprehensive dilated eye exam.

Only your doctor can see it coming.

A comprehensive dilated eye exam detects diabetic eye diseases like diabetic retinopathy, cataract, and glaucoma—which can cause vision loss and even blindness. Diabetic retinopathy has no symptoms or pain in its early stage and is

the leading cause of blindness in American adults.

Whether you have type 1 or type 2 diabetes, you are at risk. And the recommended plan of action is the same: Don't wait until you have vision loss or notice other problems with your eyes to get an exam.

If diabetic retinopathy is discovered early, your doctor can recommend treatment to help prevent its progression. Likewise, cataract can be treated with surgery, and glaucoma can be treated with both surgery and medicines.

Don't get taken by surprise.

So, wherever you travel down the road of life, don't let diabetic eye disease take you by surprise. Make your plan to protect your sight. Get a comprehensive dilated eye exam every year, and look forward to many fun-filled summers to come.

Visit www.nei.nih.gov/diabetes for more information.