Having diabetes increases your risk for eye diseases that can cause vision loss and blindness — including diabetic retinopathy.

The good news? Getting regular eye exams and taking steps to manage your diabetes can protect your vision.

Get a dilated eye exam at least once a year.
It’s the best way to catch vision problems early, when they’re easier to treat.

Take these steps to manage your diabetes — and keep your eyes healthy:

- Take medicines that your doctor prescribes — even when you’re feeling healthy.
- Eat a variety of healthy foods — including foods that are low in saturated fats, added sugars, and salt.
- Get active. Start slow by taking 5-minute walks, and build up from there.
- If you smoke, talk to your doctor about ways to quit.
- Ask your doctor what your A1C, blood pressure, and cholesterol numbers are — and what you can do to manage them.

Learn more at nei.nih.gov/Diabetes