

Prevent Vision Loss From **Diabetes**



If you have diabetes, you are at risk for diabetic eye disease, which is a group of eye problems that can damage the eyes and lead to vision loss or even blindness. These eye problems include:

Cataract: Clouding of the lens of the eye.

Glaucoma: Increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision.

Diabetic retinopathy: Damage to the blood vessels in the retina.

Diabetic retinopathy is the leading cause of blindness in American adults age 20–74.

According to the National Eye Institute (NEI), 7.7 million people age 40 and older have diabetic retinopathy, and this number will likely increase to approximately 11 million people by 2030.

You are at higher risk for both diabetes and diabetic eye disease if you are:

- African American
- Hispanic/Latino
- American Indian
- Alaska Native
- An older adult

Protect Your Vision

Finding and treating diabetic eye disease early, before it causes vision loss or blindness, is the best way to control it. So, if you have diabetes, make sure you get a comprehensive dilated eye examination at least once a year.

Remember...

Diabetes is a disease that can cause very serious health problems. If you have diabetes, keep your health on **TRACK**:

Take your medications as prescribed by your doctor.

Reach and maintain a healthy weight.

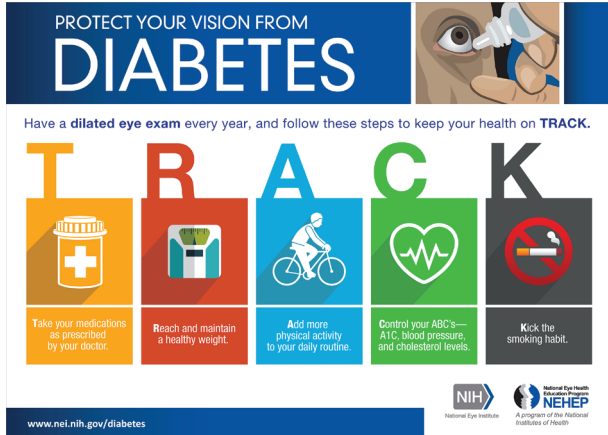
Add more physical activity to your daily routine.

Control your ABC's—A1C, blood pressure, and cholesterol levels.

Kick the smoking habit.

Infographic:

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PROTECT YOUR VISION FROM
DIABETES

Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T Take your medications as prescribed by your doctor.	R Reach and maintain a healthy weight.	A Add more physical activity to your daily routine.	C Control your ABC's—A1C, blood pressure, and cholesterol levels.	K Kick the smoking habit.
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www.nei.nih.gov/diabetes

NIH National Eye Institute
National Eye Health Education Program NEHEP A program of the National Institutes of Health

Help prevent vision loss or blindness from diabetes. Keep your glucose levels under control and get a comprehensive dilated eye exam at least once a year to detect eye disease early. To learn more, visit <http://www.nei.nih.gov/diabetes>.