Diabetic Eye Disease in Hispanics/Latinos

Hispanics/Latinos have high rates of diabetes and are at higher risk for vision loss and blindness from diabetic eye disease.

What is diabetic eye disease?
Eye problems that people with diabetes may have. These include—

- **Cataract**: (clouding of the lens of the eye).
- **Diabetic retinopathy**: (damage to blood vessels in the retina).
- **Glaucoma**: (damage to the optic nerve).

What are the numbers?

- **1.2 million** Hispanics/Latinos have diabetic retinopathy.
- This number will more than double to **2.9 million by 2030**.

95% of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

How can you protect your sight?

1. There are often no early warning signs of diabetic eye disease so don't wait until you notice problems with your vision.
2. Get a comprehensive dilated eye exam at least once a year.
3. Keep your health on TRACK:
   - Take your medications.
   - Reach and maintain a healthy weight.
   - Add physical activity to your daily routine.
   - Control your blood sugar, blood pressure, and cholesterol.
   - Kick the smoking habit.
4. Help is available. If you've already lost vision, talk to your eye care professional about vision rehabilitation.

Where can I learn more? Visit www.nei.nih.gov/diabetes

Source: National Eye Institute, 2013