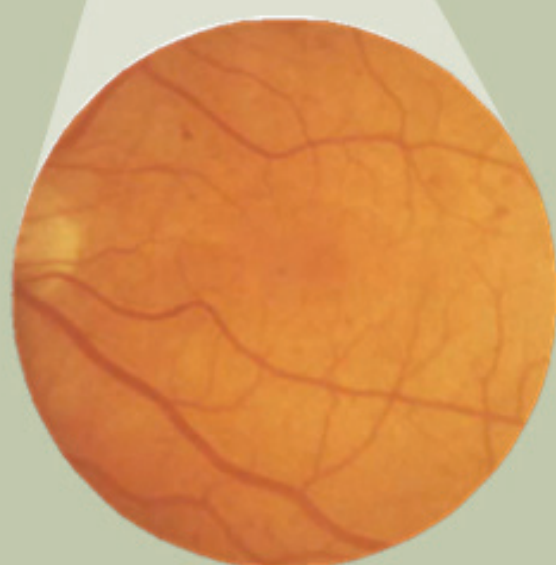
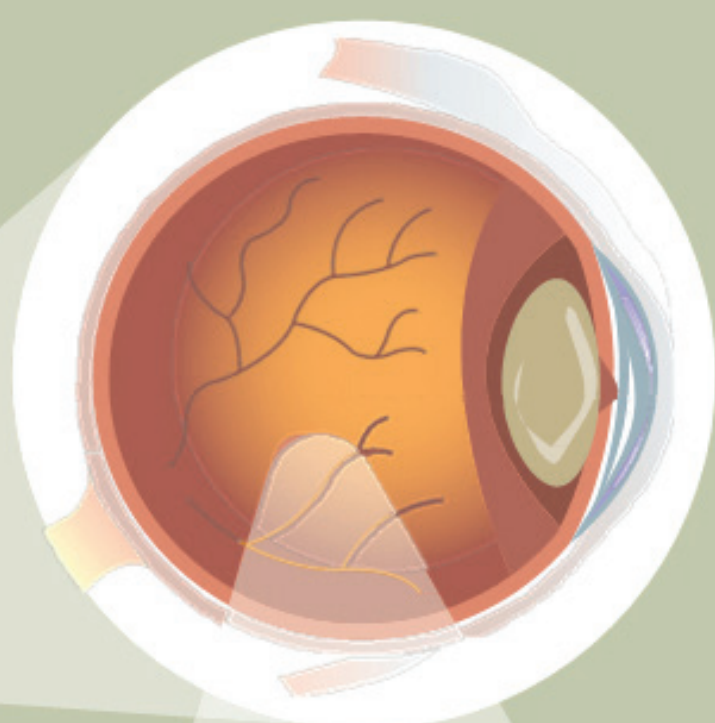


LEARN THE FACTS

About

DIABETIC RETINOPATHY



Diabetic retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.

Source: National Eye Institute, 2014

A GROWING ISSUE

Diabetic retinopathy is the leading cause of blindness in working-age adults ages 20–74.



TODAY



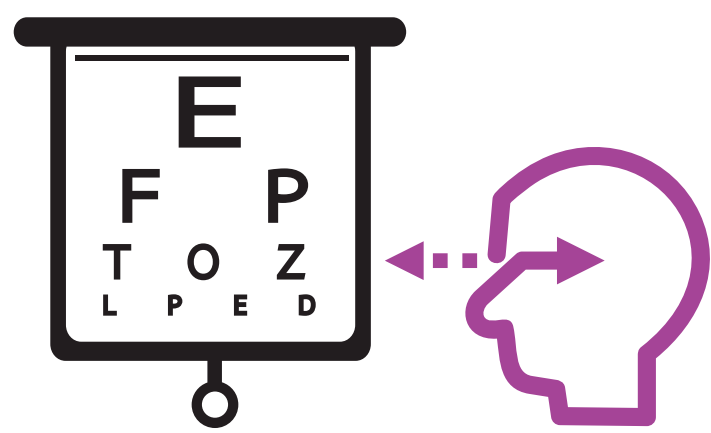
2030



2050

NO EARLY SYMPTOMS

However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.



WHO IS AT RISK?



All people with diabetes—both type 1 and type 2—are at risk.



95%

REDUCED RISK OF VISION LOSS

Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.



YOU CAN PROTECT YOUR VISION.

Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don't forget to—

- T** Take your medications.
- R** Reach and maintain a healthy weight.
- A** Add physical activity to your daily routine.
- C** Control your blood sugar, blood pressure, and cholesterol.
- K** Kick the smoking habit.

LEARN MORE AT:
www.nei.nih.gov/diabetes

