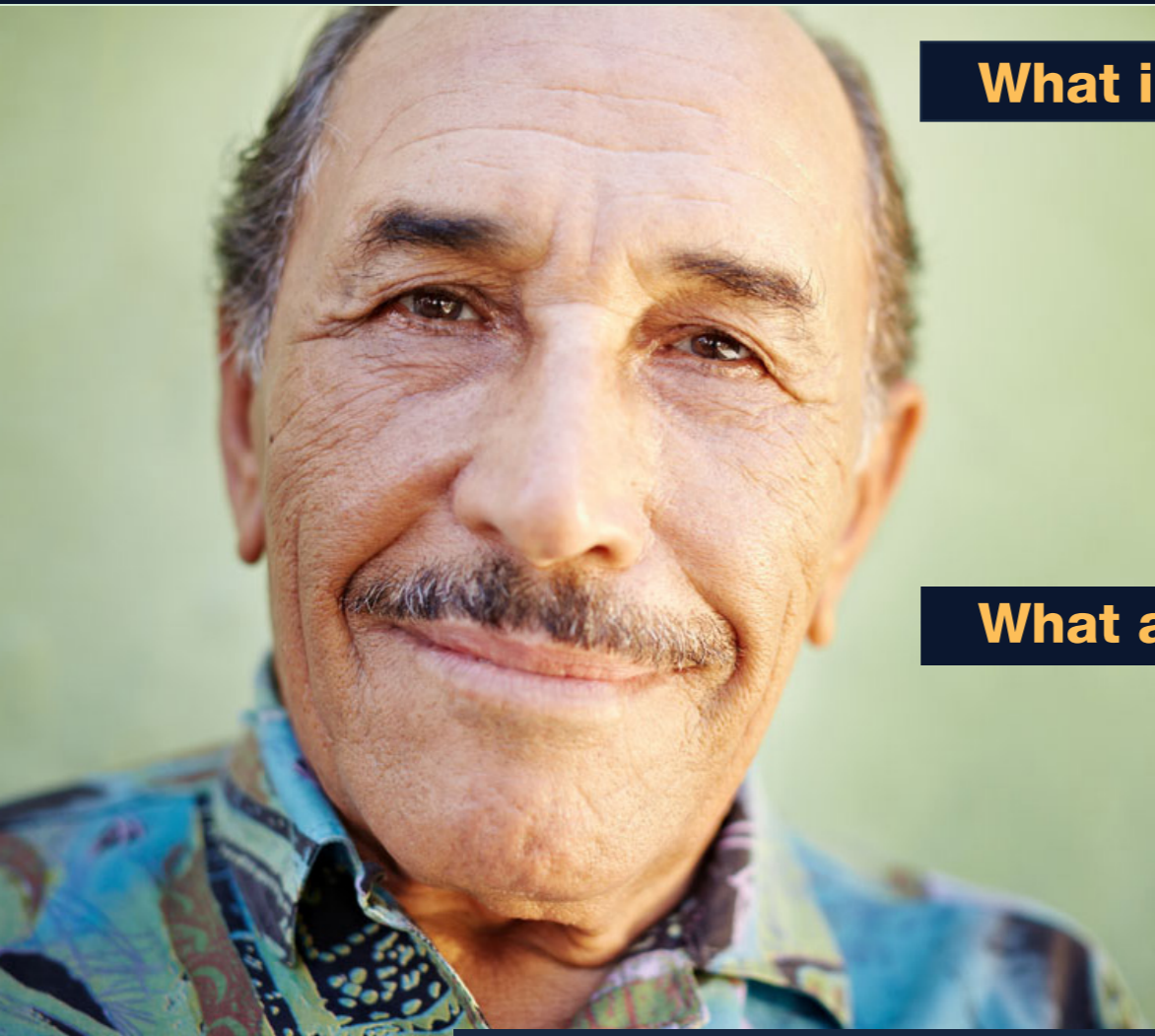


# Diabetic Eye Disease in Hispanics/Latinos

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:**
  - T**ake your medications.
  - R**each and maintain a healthy weight.
  - A**dd physical activity to your daily routine.
  - C**ontrol your blood sugar, blood pressure, and cholesterol.
  - K**ick 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](http://www.nei.nih.gov/diabetes)