Protect Yourself From Diabetic Eye Disease

African Americans are at higher risk for developing diabetes and related complications like diabetic eye disease. If you have diabetes, get a comprehensive dilated eye exam at least once a year and keep your health on TRACK:

- **Take** your medication.
- **Reach** and maintain a healthy weight.
- **Add** physical activity daily.
- **Control** blood pressure and cholesterol.
- **Kick** the smoking habit.