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.

Visit www.nei.nih.gov/diabetes