



A-B-Cs of eye care

You can reduce your risk of developing eye disease simply by exercising control over your blood glucose levels and keeping your numbers for the ABCs within safe limits:

- A1C blood glucose
- Blood pressure and
- Cholesterol

To ensure continued eye health, make a point to see an ophthalmologist or optometrist for a dilated eye exam at least once a year.



For additional information on diabetic eye disease:

National Eye Institute
www.nei.nih.gov

EyeCare America
www.eyecareamerica.org

American Optometric Association
www.aoa.org

American Diabetes Association
www.diabetes.org

For information on controlling blood sugar:

National Diabetes Education Program
www.ndep.nih.gov

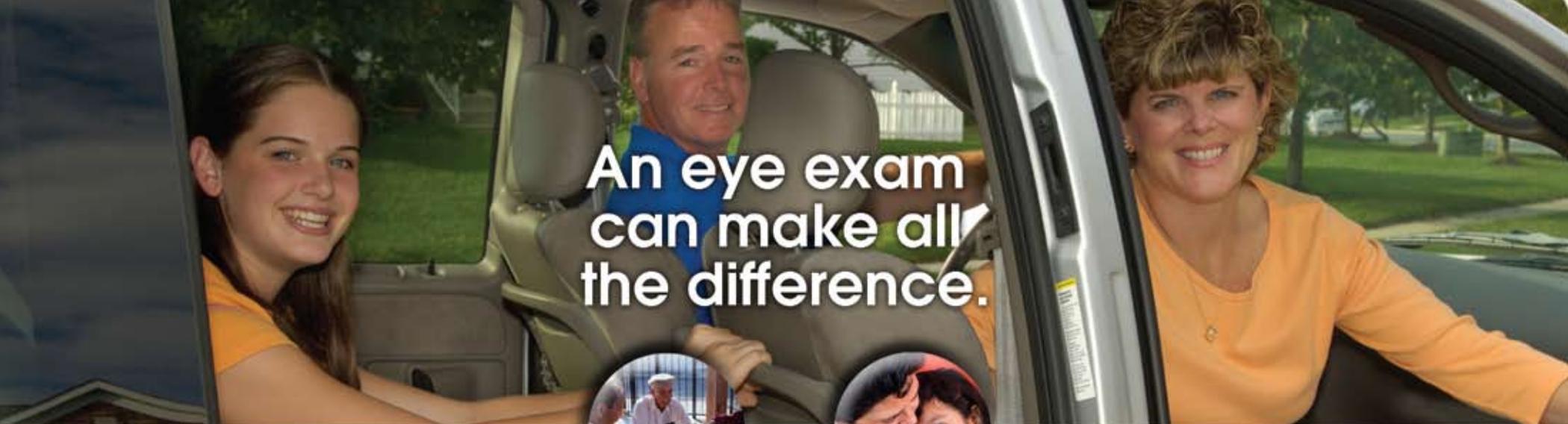
National Diabetes Information Clearinghouse
www.diabetes.niddk.nih.gov

For information about eye care professionals in your area, call 2-1-1 or talk to your doctor.



Diabetic eye disease can take away your independence.

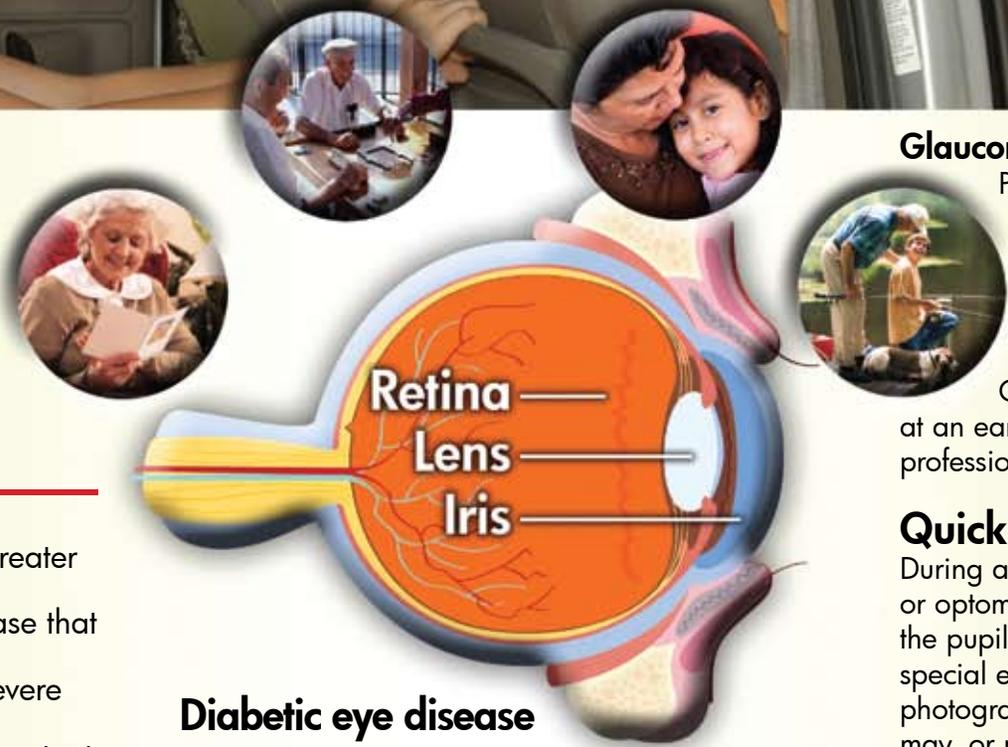
AN ANNUAL DILATED EXAM SAVES EYES



An eye exam can make all the difference.

Diabetic eye disease is the leading cause of blindness among people 20-75 years of age.

People who have diabetes are at greater risk of developing serious eye disease that can lead to reduced vision, or in severe cases, blindness. That's why it's important for children and adults with diabetes to have a dilated eye exam or retinal photograph at least once a year.



Diabetic eye disease

While the following eye diseases can happen to anyone, people with diabetes have a higher risk of developing them at an earlier age.

Retinopathy (ret-ih-NOP-uh-thee)

High blood sugar levels damage blood vessels in the back of the eye. *There are no early warning signs;* however, it can be detected early through a dilated eye exam and treated.

Glaucoma (glau-KO-ma)

Pressure builds up in the eye leading to nerve damage. Detected through an eye exam, the condition can be treated with medication or surgery.

Cataract (CAT-uh-rakt)

Clouding of the eye lens can occur even at an early age. Easily detected by your eye care professional, it can be corrected with surgery.

Quick and painless

During a dilated eye exam, the ophthalmologist or optometrist puts drops in the eye to enlarge the pupil so it's easier to look inside using special equipment and lenses. During a retinal photograph, the ophthalmologist or optometrist may, or may not, dilate the eye and take a photograph that allows them to see into the back of the eye. If detected early, most eye diseases can be treated successfully with either medication or surgery.

No matter how you look at it, your sight is worth saving!