Diabetes and You: Healthy Eyes Matter!

Diabetes is the leading cause of blindness among people under 75, so it’s important to identify and treat eye health problems early. The good news is that you can take steps to help keep your eyes healthy.

**Schedule an annual eye exam with your eye doctor:**
Your doctor will look for signs of health problems inside your eyes, either by dilating them with eye drops or taking a picture of your eyes with a retinal camera.

**Visit your eye doctor right away if you:**
- See little black lines or spots that don’t go away
- Experience any red spots or fog
- Have a sudden change in how clearly you see

**Know the common eye diseases among people with diabetes:**
- Retinopathy can cause blindness if not treated, so it’s important to have your eyes checked regularly.
- Cataracts are more common in people with diabetes.
- Glaucoma can lead to vision loss or blindness if left untreated.

**Healthy eyes to-do list:**
- Schedule an annual exam with your eye doctor and discuss any vision changes since your last visit.
- Ask for advice about the best ways to keep your eyes healthy, and ensure that all test results are sent to your other doctors.
- Keep your blood sugar at a healthy level.

To get more FREE information about how to prevent or control diabetes, call the Centers for Disease Control and Prevention (CDC) at 800.CDC.INFO or 800.232.4636, TTY line 888.232.6348, or visit www.cdc.gov/diabetes/ndep.