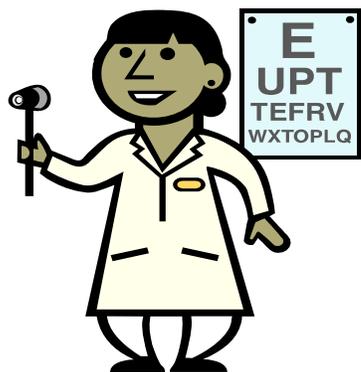
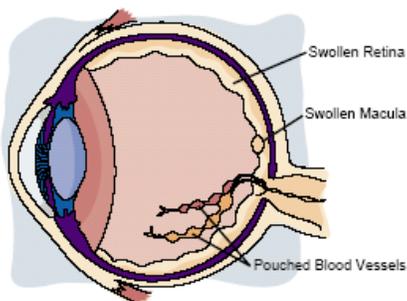




The Diabetic Eye: What You Need To Know

High blood glucose levels and high blood pressure can cause problems with your vision, and can even lead to blindness. Be careful! Often there are no symptoms in the early stages of the disease.



What Eye Problems Can Diabetes Cause?

Diabetic Retinopathy: vision loss

Cataracts: cloudy vision

Glaucoma: lessened or lost sight in the corners of your eye

Vitreous Hemorrhage: weak blood vessels burst in the interior of the eye, blocking vision

Signs & Symptoms of Diabetes-related Eye Problems:

Blurry or double vision

Rings, flashing lights, or blank spots

Sensitivity, pain or pressure in one or both of your eyes

Trouble seeing out of the corners of your eyes

Faulty color vision

Blindness

What Can I do to Prevent and Take Care of Diabetes-related Eye problems?

Find and treat them before they cause vision loss or blindness.

Keep your blood glucose and blood pressure close to normal.

Maintain your diabetes self-management plan.

Have an eye doctor examine your eyes once a year, even if you think your vision is okay.

If you are pregnant and have diabetes, ask your doctor about getting an eye exam.

Remember: Sometimes there are no physical signs at all !

Don't wait for symptoms! Be sure to have a comprehensive dilated eye exam at least once a year!

Laser surgery and appropriate follow-up care can reduce the risk of blindness by 90 percent.

However, laser surgery often cannot restore vision that has already been lost.



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