

Eye care for people with diabetes

People with diabetes are more likely to get:

- Gradual vision loss (glaucoma)
- Cloudy eye lenses (cataracts)
- Damaged eye blood vessels (diabetic retinopathy)

Diabetes causes most new cases of blindness in adults every year. Most of the time, there are no early warning signs.

You can help avoid eye problems and blindness:

- Control your blood sugar
- Control high blood pressure
- Stop smoking
- See your eye doctor (ophthalmologist) for an eye exam at least once each year

Call your eye doctor if you:

- Have blurry vision or trouble reading
- Have eye redness that won't go away
- See spots or floaters
- See double
- See straight lines that don't look straight
- Have eye pain or pressure
- Can't see things at the side of your eyes

**Eye problems can be treated by an eye doctor.
But you also have a lot of control over what happens to your eyes.**

Normal Vision



Damaged Vision

