



DIABETES & YOUR EYES

People with diabetes may face several eye problems, including diabetic retinopathy, glaucoma, cataracts, and macular edema.



5 *Tips for Eye Health*

- Take your medications as prescribed.
- Maintain a healthy weight.
- Manage your ABCs. (A1c, blood pressure, cholesterol).
- Quit tobacco use.
- Get a dilated eye exam once a year.

Contact your eye doctor if you experience blurred vision, sudden loss of vision in one eye, sudden increase in eye floaters, halos around lights, flashing lights, or poor night and color vision.



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