

TAKE CHARGE OF YOUR DIABETES



Healthy Eyes

Did you know that diabetes can harm your eyes? The good news is that you can take steps to help keep your eyes healthy. You've already taken an important step by finding this guide!

Tips to Keep Your Eyes Healthy

- **Get a dilated eye exam at least once a year and share the results with your primary care doctor.**

- In this exam, you will get eye drops to make your pupils larger. Pupils are the black circles in the middle of your eyes. The drops are painless and help your eye doctor see inside your eyes to look for signs of health problems.
- A dilated eye exam can help your eye doctor find and treat problems to keep you from losing your vision from diabetes.
- Your eye doctor may take pictures of your eyes with a tool called retinal photography. This tool helps the doctor see your retina, which is at the back part of your eyes.
- Be sure to make and keep your next eye doctor appointment!

- **Visit your eye doctor right away if you:**

- See little black lines or spots that don't go away.
- See any red spots or a red fog.
- Have a sudden change in how clearly you see.
- Take longer than usual to adjust to darkness.



- **Talk with all of your health care providers about ways to manage your diabetes.**

- Ask your health care team to help you set and reach goals to manage your blood sugar, blood pressure, and cholesterol.
- Get regular A1C tests to measure your blood sugar over time because poor blood sugar can make eye problems happen faster.
- Ask about safe ways to be more active each day and foods that are healthy to eat.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

