

# Eye Care

## Why is it important to have your eyes checked regularly?

- High blood sugar and high blood pressure can damage your eyes over a period of time and cause vision loss or even blindness.
- The good news is that with regular exams, eye problems can be caught early and treated.
- Even if you are not having problems with your eyes, have regular examinations to protect your sight.

## How often should I have my eyes checked?

- You should get a dilated eye exam by an eye doctor once a year.
- If you already have trouble with your eyes, you may need to have your eyes checked more often.
- Women planning to have a baby should have their eyes checked before becoming pregnant.

## What is a dilated eye exam?

- A dilated eye exam enables the doctor to see in the back of the eye.
- Drops are put into your eyes to make your pupils get bigger.
- The exam does not hurt.

## Are there any early warning signs of eye problems?

- Yes, some people may notice changes in their vision. Tell your doctor or nurse if you have any of these common signs of eye trouble:
  - blurred vision
  - trouble reading
  - see flashing lights
  - see dark spots
  - see rings around lights
- Keep in mind that you could develop eye problems and not even know it.

## Can diabetic eye disease be treated?

- Yes. There are operations for people who have early and advanced diabetic eye disease.
- Ask your eye doctor to discuss the treatment options with you.

Control your  
diabetes.  
*For Life.*

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