

Taking Care of Your Eyes

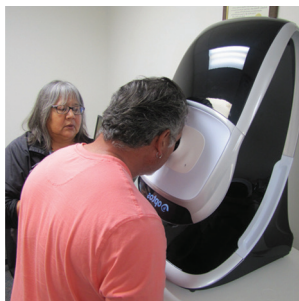
When You Have Diabetes

Mr. Johnson,
you're due
for an annual
diabetic eye
exam.



Dr. Smith, my
vision is fine.
I don't know
why I need
an eye exam
every year.

Protect your vision: A diabetic eye exam can detect problems early.
High blood sugar or high blood pressure over time can cause damage to the eyes.
In some cases, this can lead to vision loss.



Get a diabetic eye exam at least once a year to find and treat eye problems early.



Take care of your blood sugar and blood pressure.



"I'm glad I went for my eye exam. Small problems were found that can be treated."



If you notice sudden changes in your vision, talk with your health care provider right away.



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
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Take a picture with your cell phone.
Look at the picture later as a reminder!

