

Diabetes and Your Eyes



Having diabetes increases your risk for eye diseases that can cause vision loss and blindness — including diabetic retinopathy.

The good news? Getting regular eye exams and taking steps to manage your diabetes can protect your vision.

Get a dilated eye exam at least once a year.

It's the best way to catch vision problems early, when they're easier to treat.



Take these steps to manage your diabetes — and keep your eyes healthy:



Take medicines that your doctor prescribes — even when you're feeling healthy.



Eat a variety of healthy foods — including foods that are low in saturated fats, added sugars, and salt.



Get active. Start slow by taking 5-minute walks, and build up from there.



If you smoke, talk to your doctor about ways to quit.



Ask your doctor what your A1C, blood pressure, and cholesterol numbers are — and what you can do to manage them.