



Diabetes & Your Health

Signs of Diabetic Eye Disease

You may have diabetic eye disease even if your vision is good.

Regular eye exams are important so that any problems can be found early.

You may have eye problems if:

- You are having trouble reading
- Your vision is blurred
- You are seeing dark spots
- You are seeing rings around lights
- You see flashing lights

For more information, contact:

*SoonerCare Disease Management Services
(405) 522-6205
(800) 522-0114*

or talk to your doctor.

Eye Problems & Diabetes

Many people with diabetes develop diabetic eye disease, also called diabetic retinopathy. It is a serious problem that damages the small blood vessels in the eye.

Diabetic eye disease can lead to poor vision, and sometimes even blindness.

If you have diabetes, it is important to have regular eye exams. Finding and treating eye problems early can help save your eyesight. Keeping your blood sugar and blood pressure under control are very important.



How Can I Protect My Vision?

Although diabetic eye disease is a serious problem, there are several things that people can do to help protect their vision:

Get Regular Eye Exams

Even if you can see well, you still need to get regular eye exams. Find an eye doctor who cares for people with diabetes. If you have lost your sight from diabetic eye disease, you still need to have regular eye care.

You should have a yearly eye exam if :

- You have had Type 1 diabetes for five years or longer
- You have Type 2 diabetes
- You have diabetes and you are pregnant or planning to become pregnant

Keep Your Blood Sugar Under Control

If your blood sugar is too high, it can damage your vision over time. Work with your doctor to keep your blood sugar as close to normal as possible. If you do not have a diabetes meal plan, talk to your doctor. Also, ask your doctor about what kind of exercise is right for you.

Keep Your Blood Pressure Under Control

High blood pressure can also damage your eyes. Have your blood pressure checked every time you see your doctor. If you take blood pressure medicine, be sure to take it according to your doctor's directions.

Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

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