



The Facts About **DIABETIC EYE DISEASE**

Diabetic eye disease is a group of eye conditions that people with diabetes can develop. If left untreated, these conditions can lead to permanent vision loss or blindness. The longer someone has diabetes, the more likely it is that they will get an eye disease.

CONDITIONS

- **DIABETIC RETINOPATHY** – Damages blood vessels and tissues in the retina, potentially leading to blurred vision, bleeding, glaucoma, or retinal detachment. Diabetic retinopathy is the leading cause of blindness in people with diabetes.
- **CATARACT** – Diabetes can speed up the clouding of the natural lens in the eye, leading to blurry vision.
- **GLAUCOMA** – Causes damage to the optic nerve, which can lead to permanent vision loss.

WHO IS AT RISK?

- **ANYONE** with diabetes (more than 30 million people in the United States)
- **ALMOST 45% OF PEOPLE WITH DIABETES** have some degree of diabetic retinopathy.
- Diabetes makes you **2 TO 5 TIMES MORE LIKELY TO DEVELOP CATARACTS**, and to get them at a younger age.
- **DIABETES NEARLY DOUBLES YOUR RISK** of developing certain types of glaucoma.

PREVENTION

Diabetic eye disease can be detected early and treated before noticeable vision loss happens. That's why screening exams are so important. If you have diabetes, we strongly urge you to get a comprehensive dilated eye exam at least once a year.

REMEMBER TO STAY ON THE DIABETES MANAGEMENT T.R.A.C.K.



T

**TAKE MEDICATIONS
AS PRESCRIBED BY
YOUR DOCTOR.**



R

**REACH AND
MAINTAIN A
HEALTHY WEIGHT.**



A

**ADD PHYSICAL
ACTIVITY TO YOUR
DAILY ROUTINE.**



C

**CONTROL A1C,
BLOOD PRESSURE,
AND CHOLESTEROL
LEVELS.**



K

**KICK THE SMOKING
HABIT.**

The most effective way to prevent and treat diabetic eye disease is a comprehensive eye exam. To schedule your appointment at UAB Callahan Eye Hospital and Clinics, call 844-UAB-EYES or visit uabmedicine.org/eye.