

Keep Your Eyes Healthy

This handout explains how to keep your eyes healthy when you have diabetes. It also covers when to call the doctor.

Diabetes can damage your eyes

- Blood vessels in your eyes can get damaged
- You may be able to see OK at first, but not if the damage gets worse

Get an eye exam

- Every year
- More often if you have eye problems
- Before you start a new exercise program

Call your doctor if you

- See dark spots
- See rings
- See two things when there is only one (double vision)
- Cannot see well from the side
- Cannot see well in dim light
- Have pain in your eye
- Feel pressure in your eye

What you can do

- Keep your blood pressure low
- Keep your blood sugar controlled
- Do not smoke