

Take Care of Your Eyes

Your vision is important if you have diabetes. Preventing vision loss should be a **PRIORITY!** Read on to find out about the 5 steps to prevent vision loss due to diabetes:

1 – **2** – **3** – **4** – **5**

Maintain
your blood
glucose levels

Control
your blood
pressure

Maintain
healthy
cholesterol
levels

Get help
to stop
smoking

Make an
appointment
to see an eye
doctor annually

My Story...



“I wish I knew that diabetes can take your vision. Knowing you can wake up one day normal, living life normally like you usually do, and before you know it, you don’t have any vision. I would really tell people to take care of yourself because when you take care of yourself, it not only affects you, it affects your family who is around you. Following the doctor’s orders, taking your medicine, exercising and eating right, all of that plays a big factor to your health. Take care of yourself.”

– T.N., living with diabetes for 14 years



Prevent
Blindness
Texas



To prevent diabetes for your health, your family, and your community *consider...*

Move more often



Eat healthy food and plant a fruit or vegetable garden



Inspire other people with diabetes to take care of their eyes



Get more information and resources to help others



Take care of your mind, body, and soul



Some symptoms you should not ignore:

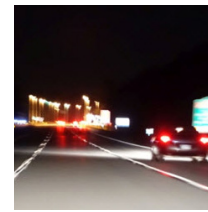
Sudden increase in eye floaters



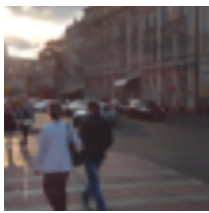
Sudden missing or dark areas in your vision



Difficulty seeing at night



Blurred vision



Flashes of lights



Colors appear faded



Resources:

Visit the following webpage for more information about diabetes-related eye disease, insurance, financial assistance, and healthy living choices to reduce your risk for eye disease:

Diabetes & Your Eyes
PreventBlindness.org/diabetes

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