

Diabetic Eye Disease

What is it?

It refers to eye problems people with diabetes may have. These include



There are often NO early warning signs.

Cataract

Clouding of the lens of the eye.



Diabetic retinopathy

Damage to blood vessels in the retina; most common.



Glaucoma

Damage to the optic nerve.



What are the numbers?

7.7 million people ages 40 and older have diabetic retinopathy. Will reach 11 million people by 2030.



95%

of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

Who is at risk?

→ All people with diabetes.



The longer you have diabetes, the higher your risk of getting diabetic eye disease.

How is it detected?

Through a comprehensive dilated eye exam.



What can you do?

Get a comprehensive dilated eye exam at least once a year.

Keep your health on **TRACK**:



Take your medications.



Reach and maintain a healthy weight.



Add physical activity to your daily routine.



Control your blood sugar, blood pressure, and cholesterol.



Kick the smoking habit.

Where can you learn more?

Visit www.nei.nih.gov/diabetes