Five Ways to Help Prevent Diabetic Eye Diseases

Having diabetes puts you at higher risk of developing certain eye diseases, including glaucoma, cataracts and diabetic retinopathy. About 90% of diabetes-related vision loss can be prevented, but early detection is key.

Follow these steps now to help preserve your vision for the future:

- **Dilated Eye Exam**: Comprehensive dilated eye exam at least once a year.
- **Blood Sugar**: Control your blood sugar.
- **Stay Healthy**: Maintain healthy blood pressure and cholesterol levels.
- **Quit Smoking**: Stop smoking.
- **Exercise**: Maintain a regular exercise schedule.