

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.