

# ALL IT TAKES TO PREVENT DIABETES RELATED VISION LOSS IS FIVE EASY STEPS

1



Make sure to get a yearly retina examination

2



Take prescribed medicines regularly

3



Test for blood sugar (HbA1c) and keep blood pressure under control

4



Follow a healthy diet and exercise regularly

5



Visit an eye specialist promptly if this is recommended

## SAVE YOUR SIGHT BEFORE IT'S TOO LATE

Diabetes causes diabetic retinopathy, a condition in which blood vessels get damaged inside the retina (the inner part of your eye). If you or someone you know suffers from diabetes, get a yearly retina examination to save sight.

Contact your nearest doctor for more information.