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.