



# ASHA for people living with diabetes

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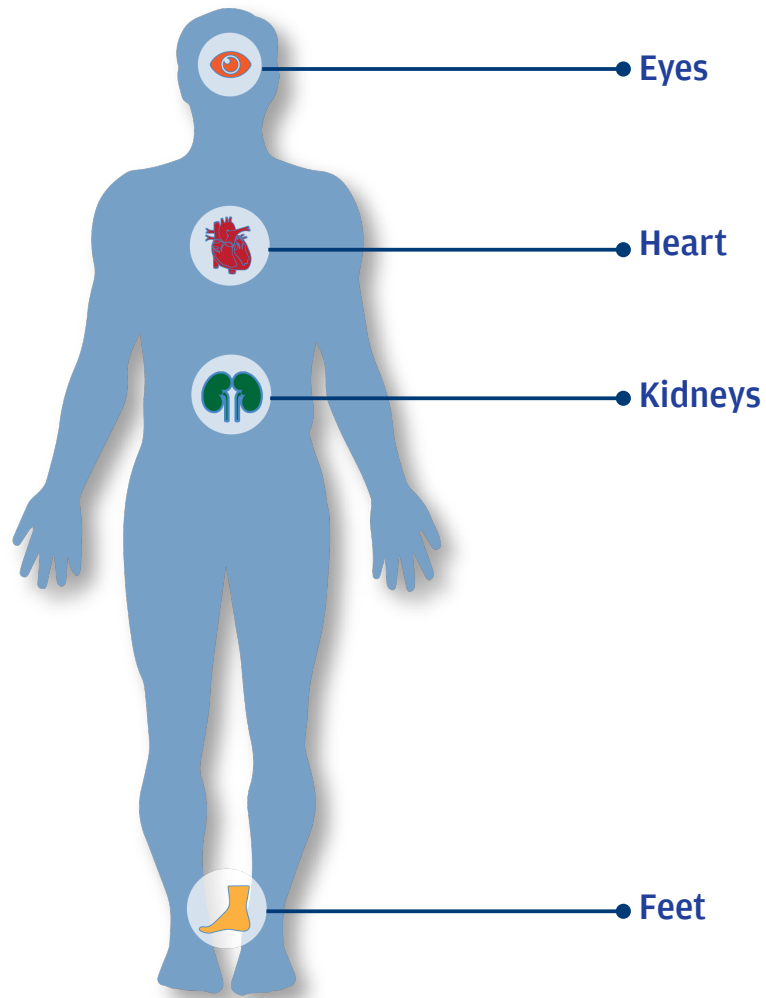




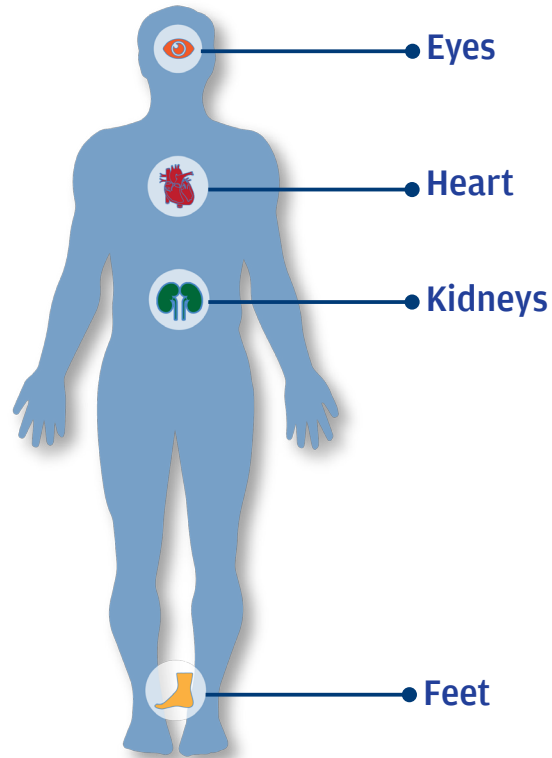
**Diabetes is diagnosed by measuring the amount of sugar in the blood or urine which tells us whether there is too much sugar in the body**

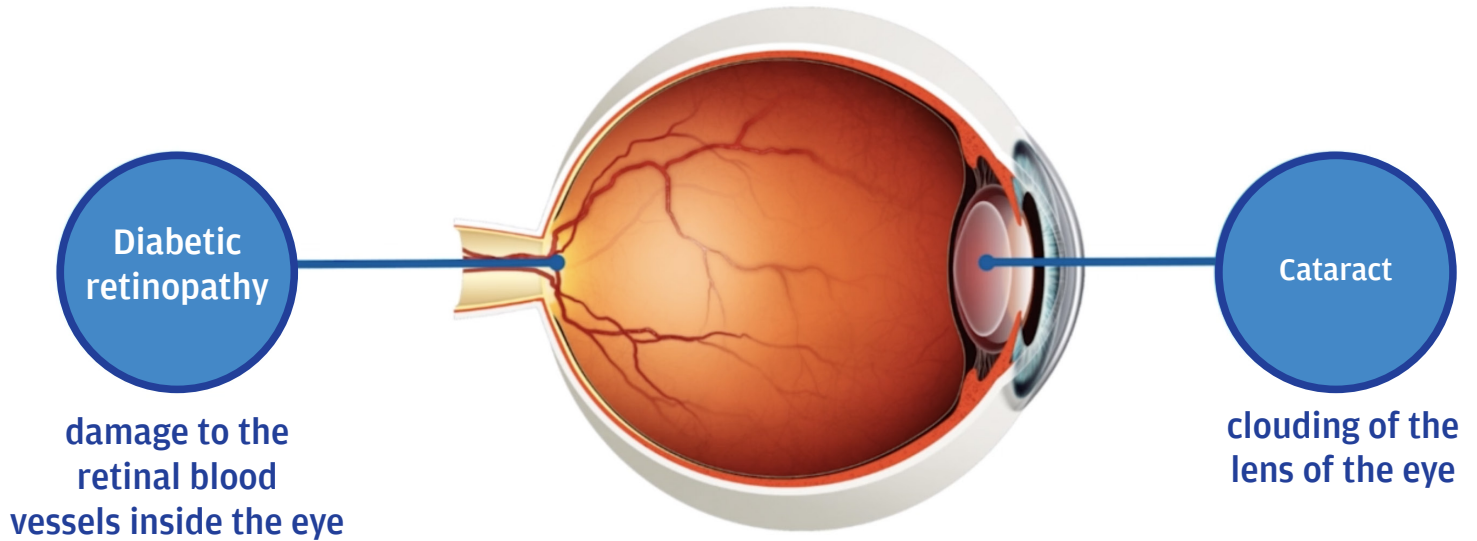






**Too much sugar  
in the body  
can damage  
different parts  
of the body such  
as the eyes, heart,  
kidney and feet**

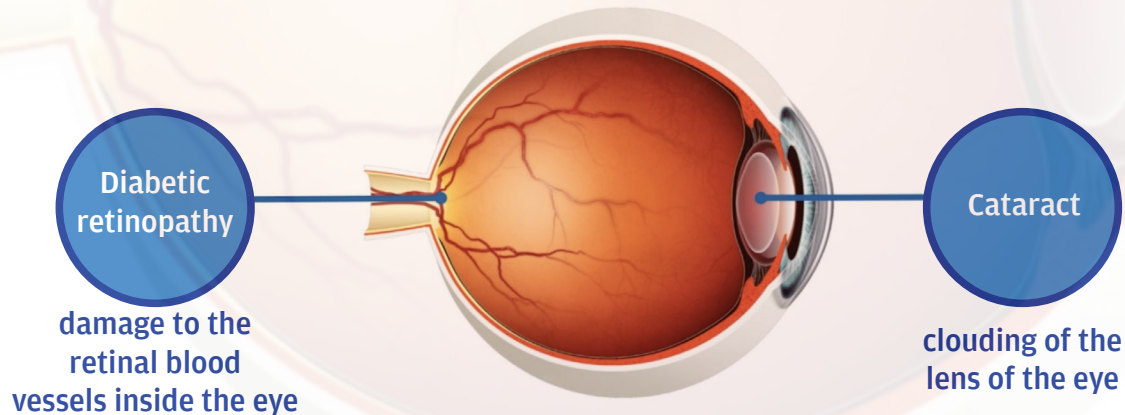


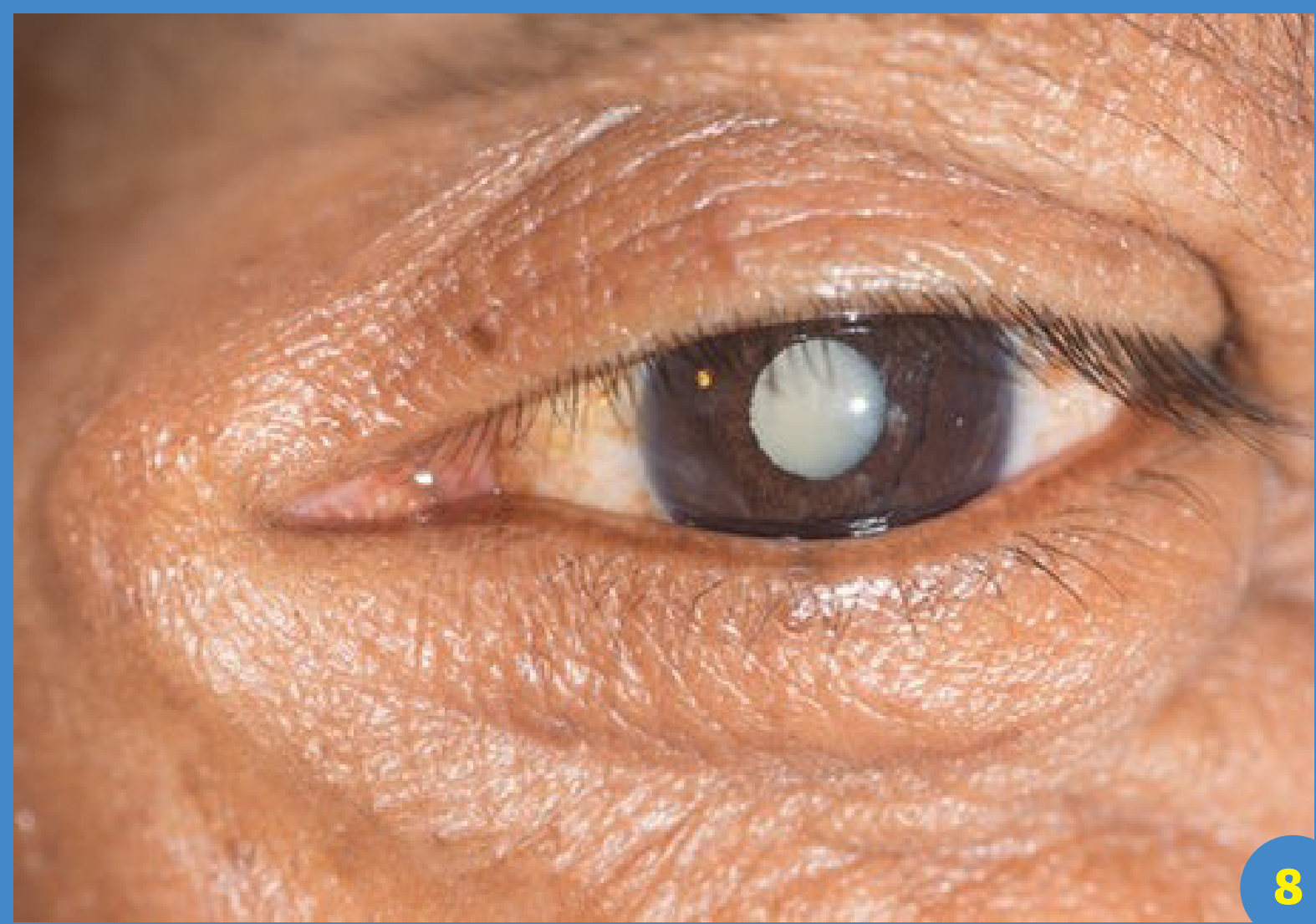




**Cataract leads to gradual  
clouding of the vision**

**Diabetic Retinopathy damages  
the blood vessels inside the eyes**





**Cataract can be treated by surgery  
which improves the vision and is  
quick and affordable**









**In diabetic retinopathy the outside  
of the eyes look entirely normal**









## **Normal retina**

This is what the inside  
of a healthy eye looks  
like





## **Bad Diabetic Retinopathy**

**In this eye there is some bleeding (red spots) and some white patches**

The bleeding and white patches can block the vision





# What you can do to prevent loss of vision from diabetic retinopathy?

The most important thing you can do is to keep the blood sugar in your body normal by:

**Taking your prescribed medicines on time**







**Eating your normal diet,  
but taking smaller portions**







**Get blood sugar tests done every few months**





**If you have high blood pressure take your  
prescribed medication every day**







**Take regular exercise -**  
5 days a week for 30 minutes - **which helps to**  
**reduce blood sugar and high**  
**blood pressure**









**Get a special examination of the  
inside of your eye every year**



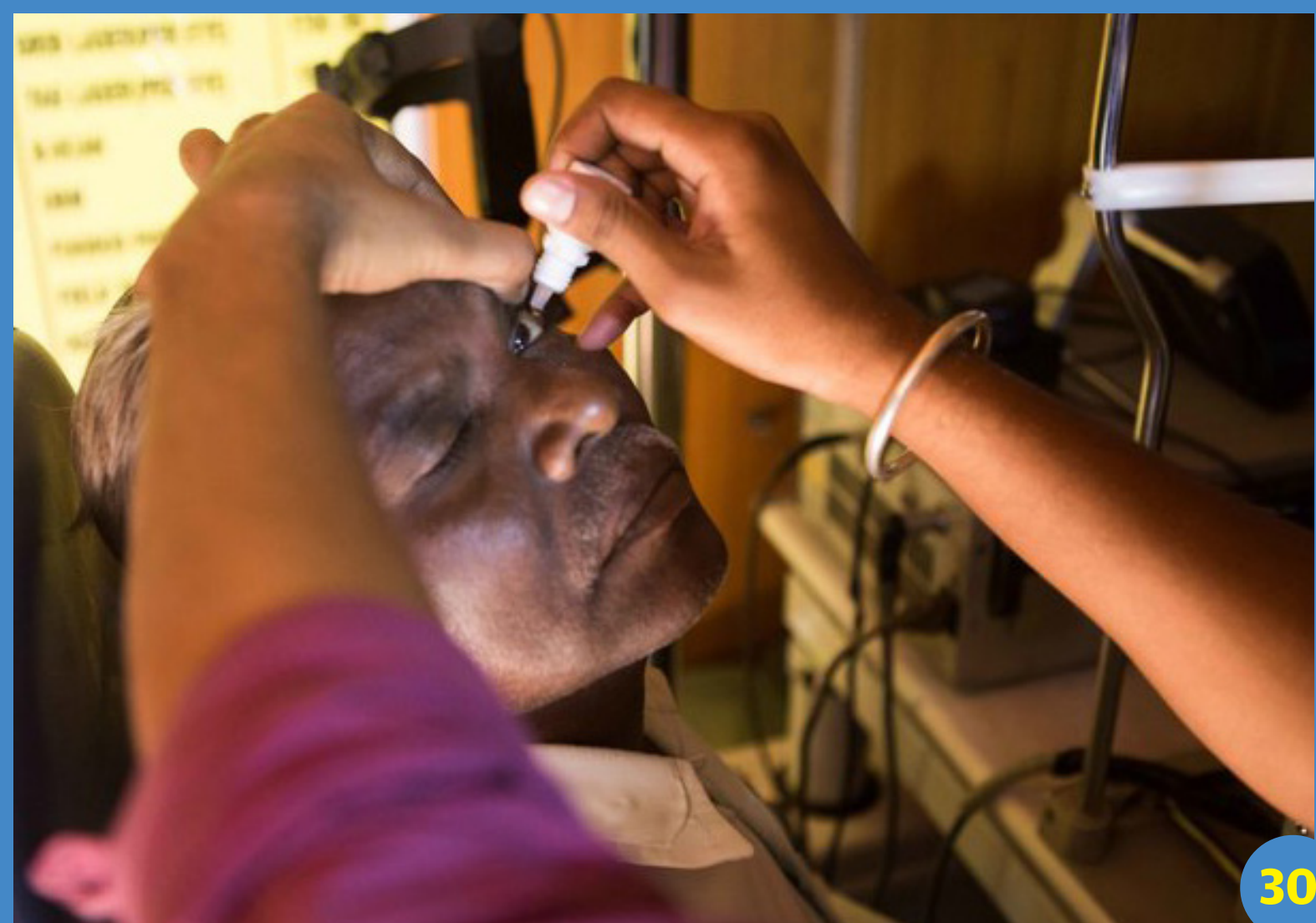


# What happens during the eye examination?

A special camera is used to take photographs of the inside of your eye







**Eye drops may be needed to take a good picture**





# APRIL

# 2019

Sunday

Monday

Tuesday

Wednesday

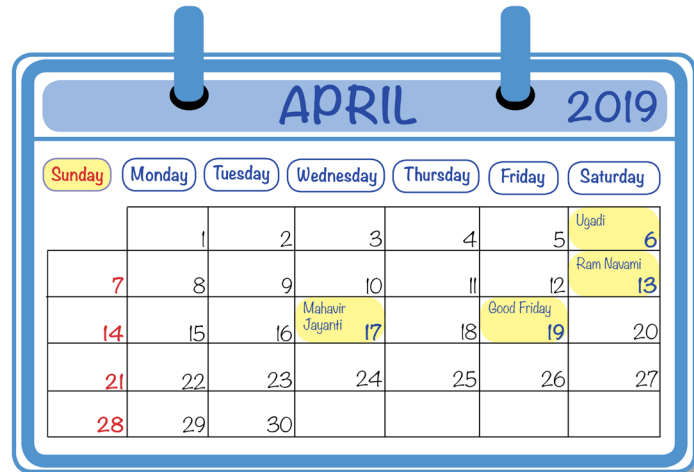
Thursday

Friday

Saturday

	1	2	3	4	5	Ugadi 6
7	8	9	10	11	12	Ram Navami 13
14	15	16	Mahavir Jayanti 17	18	Good Friday 19	20
21	22	23	24	25	26	27
28	29	30				

- You will be told whether you have any diabetic retinopathy or if your eyes are healthy
- It is very important that you follow the instructions you are given
- For example, you may be told to go to the nearest eye hospital for more tests, or you may be told that that your eyes are healthy, and you need to come back next year for another examination
- If you are told to come back in one year, choose an important festival or family birthday to help you remember when you should go for another eye examination





**Look after your diabetes and your eyes and enjoy your family**





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