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.
Eyes
Heart
Kidneys
Feet
Too much sugar in the body can damage different parts of the body such as the eyes, heart, kidney and feet.
Diabetic retinopathy

damage to the retinal blood vessels inside the eye

Cataract

clouding of the lens of the eye
Diabetic Retinopathy damages the blood vessels inside the eyes.

Cataract leads to gradual clouding of the vision.
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
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 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