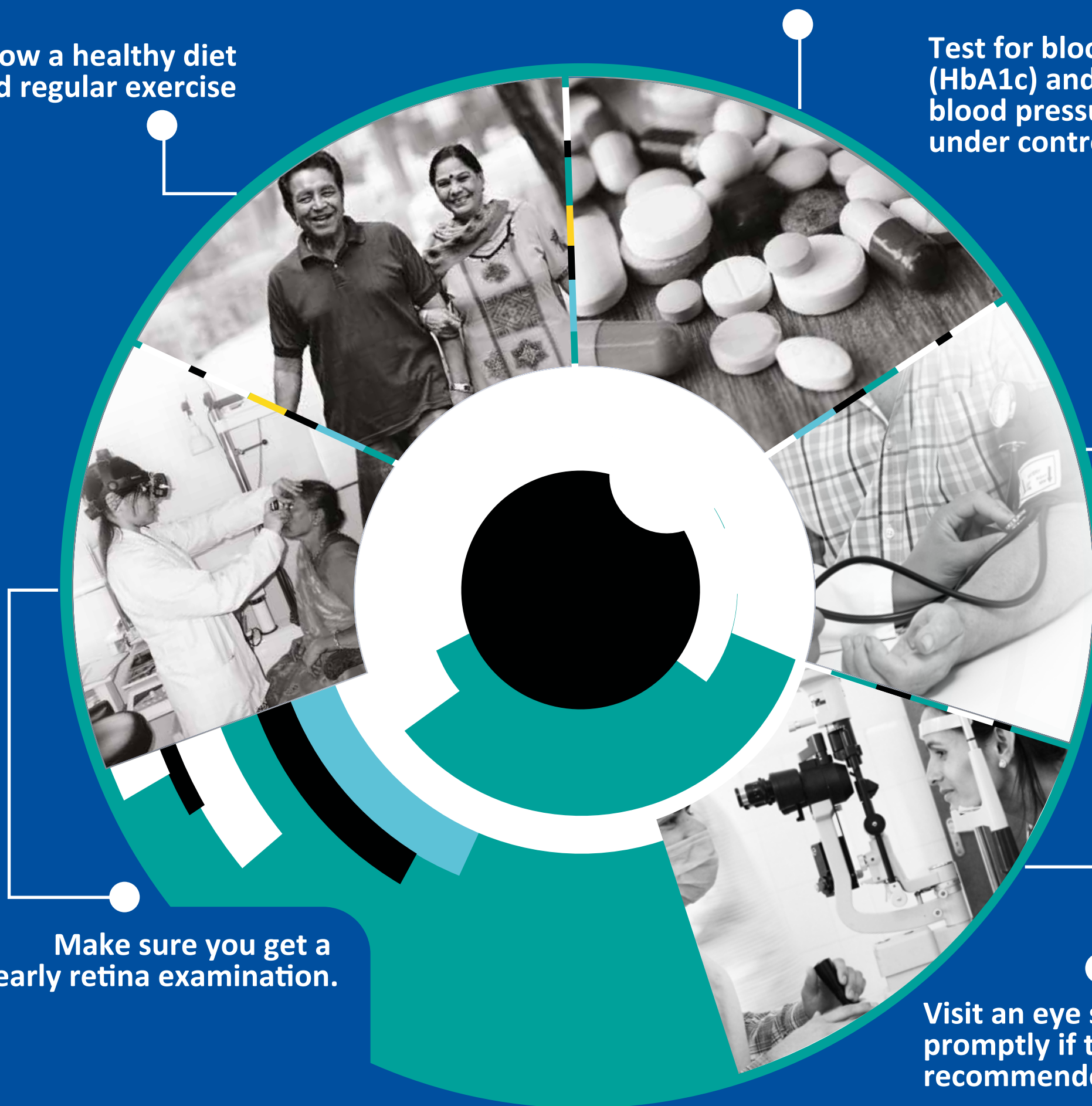


Take prescribed medicines regularly

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

Follow a healthy diet and regular exercise



Make sure you get a yearly retina examination.

Visit an eye specialist promptly if this is recommended

# IF YOU HAVE DIABETIC RETINOPATHY, HERE'S HOW TO PREVENT OR SLOW IT DOWN

# DIABETES CAN DAMAGE YOUR VISION

**VISION LOSS DUE TO DIABETIC RETINOPATHY CAN BE PREVENTED. TIMELY DETECTION AND TREATMENT CAN SAVE YOUR VISION.**



**Get a yearly retina examination to save your sight**



# EARLY DIAGNOSIS CAN REDUCE THE RISK OF BLINDNESS FROM DIABETIC RETINOPATHY BY **90%**



© Dr. Bikram Bahadur Thapa, World Sight Day Photo Competition CC BY-NC-SA

**Timely screening is crucial to prevent permanent vision loss**



# IS THIS HOW YOU SEE?

## DIABETIC RETINOPATHY CAN AFFECT YOUR EVERYDAY LIFE.



© Guntur vegetable market, Wikimedia Commons, CC BY-SA 3.0

**Get a yearly retina exam.  
Take a small step for better vision**