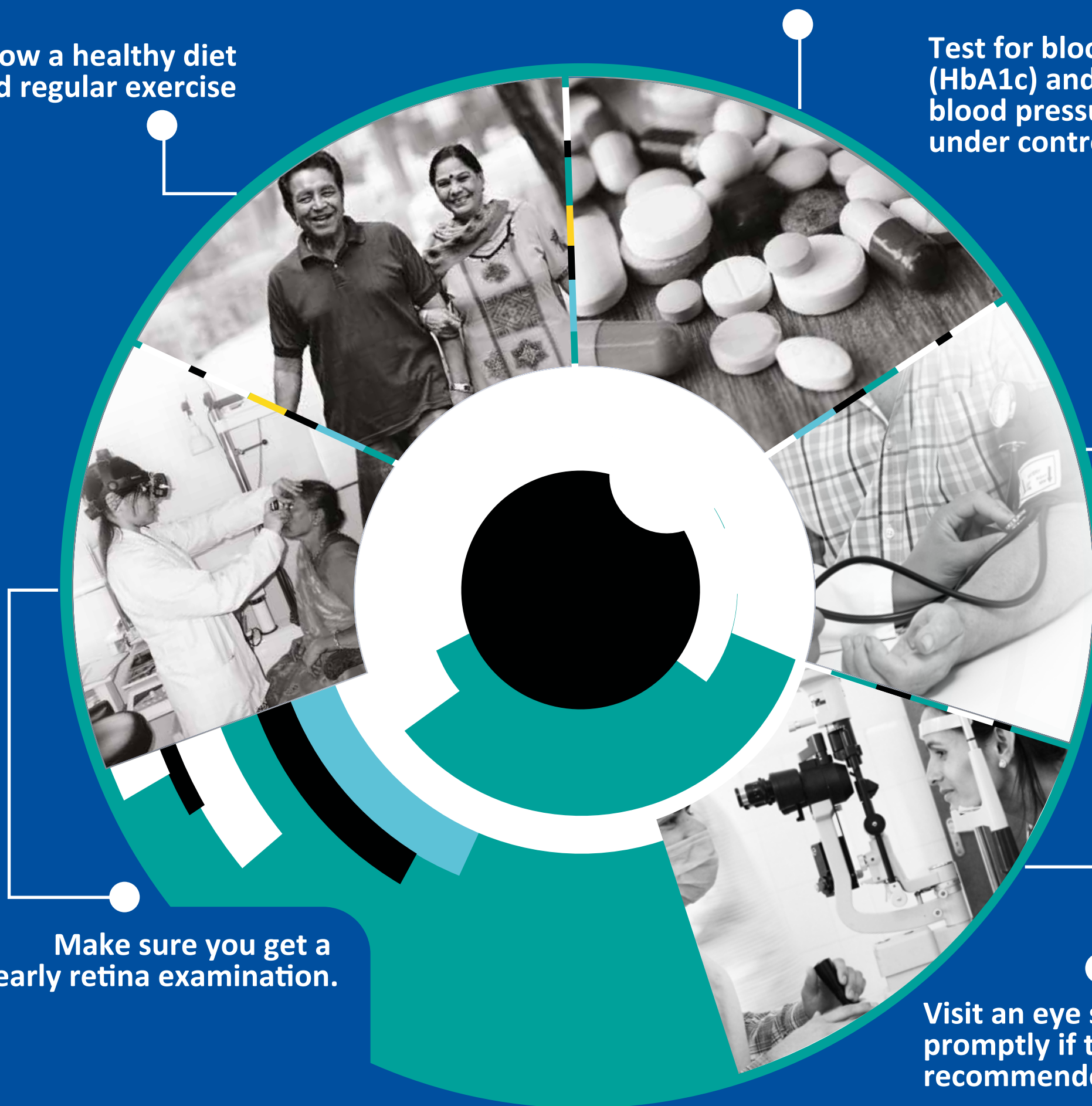


Take prescribed medicines regularly

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

Follow a healthy diet and regular exercise



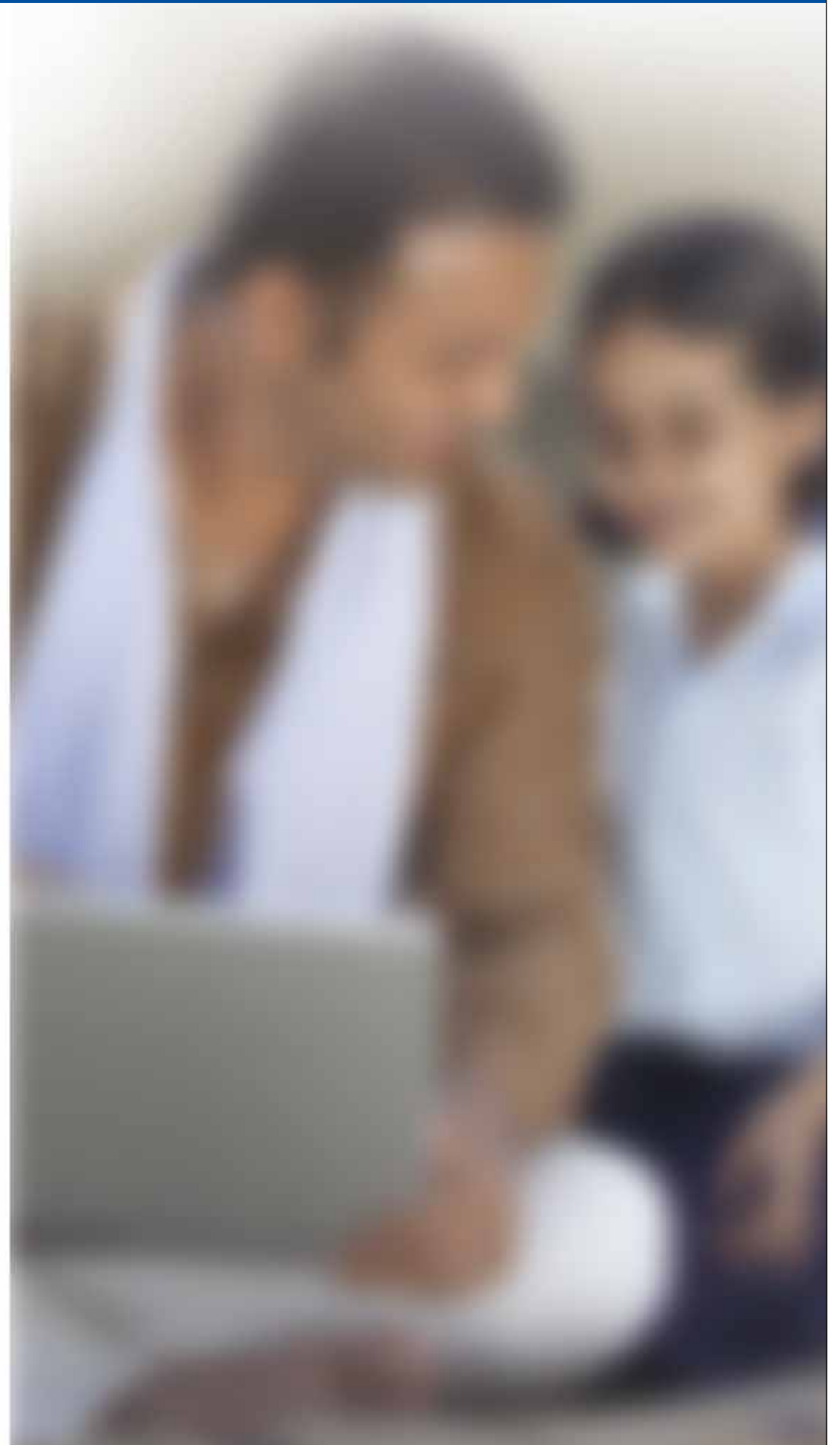
Make sure you get a yearly retina examination.

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%



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Timely screening is crucial to prevent permanent vision loss

IS THIS HOW YOU SEE?

DIABETIC RETINOPATHY CAN AFFECT YOUR EVERYDAY LIFE.



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