

# Diabetes and your eyes

Cornerstones4Care®

## You can protect your vision!

It's important to take care of your eyes when you have diabetes. Diabetes can affect your eyes. But there is a lot you can do to keep your eyes healthy. Take these steps, recommended by the American Diabetes Association:

### Keep your blood sugar as close to your target levels as possible

- Research shows that the better your blood sugar control, the less likely eye problems are to happen

### Keep your blood pressure within your goal range

- High blood pressure can make eye problems worse by damaging the tiny blood vessels in your eyes
- Have your blood pressure checked at every visit with your diabetes care team
- If it is too high, talk with your team about what you can do to lower it

### Quit smoking

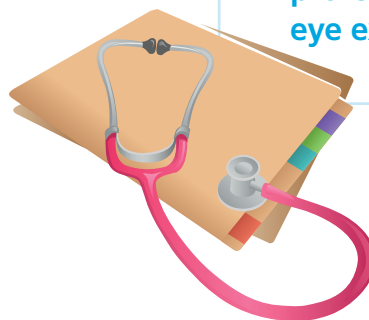
- Like high blood pressure, smoking damages the tiny blood vessels in your eyes. It also increases pressure inside your eyes
- You don't have to do it alone. Ask your diabetes care team for help to stop smoking



### See your eye care professional at least once a year for a dilated eye exam—even if your vision seems fine

- Having your regular doctor look at your eyes is usually not enough
- During your dilated eye exam, your eye care professional may use eye drops to enlarge your pupils. This will help him or her to see more of the inside of your eyes. He or she will also use a special magnifying lens to look at your eyes
- Your eye care professional will also check
  - The pressure in your eyes
  - Your side, or peripheral, vision
  - How well you can see at various distances

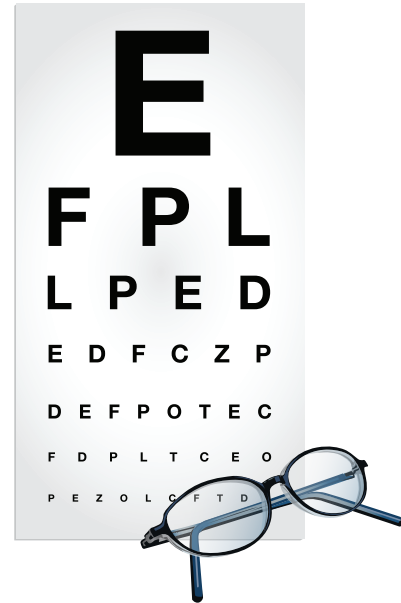
**Make sure that your eye care professional sends the results of your eye exam to your diabetes care team.**



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## See your eye care professional right away if:

- Your vision becomes blurry
- You have difficulty reading signs, books, or newspapers
- You are having double vision
- You have pain in one or both of your eyes
- Your eyes get red, and the redness doesn't go away
- You feel pressure in your eyes
- You see spots or floaters before your eyes
- When you look at straight lines, they don't look straight
- Your peripheral vision (your ability to see things at the sides) is not as clear as it was



## Keep track!

Use the spaces below to keep track of your eye exams.

Name of eye care specialist: \_\_\_\_\_

Phone number: \_\_\_\_\_

Date of last exam: \_\_\_\_\_

Findings: \_\_\_\_\_

Recommended follow-up: \_\_\_\_\_

Results sent to diabetes care team?  Yes  No

For more information, visit  
[Cornerstones4Care.com](http://Cornerstones4Care.com)

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