



Eye Care

When to see your eye doctor:

Yearly or more often as directed, or if planning a pregnancy or in the first trimester.

Eye exam for people with diabetes must include a **dilated eye exam**.

Most common eye complication for people with diabetes is **diabetic retinopathy**.

To help prevent *diabetic retinopathy* and *blindness*,

DO NOT SMOKE

Control **blood glucose (sugars)**,

high blood pressure and

blood fat

with the help of your health care provider.

Temporary **changes in vision** are common at the time of diagnosis of diabetes and often increase as blood glucose is decreased into a normal range.

See your **eye doctor** or go to the **Emergency Room** for **eyeball pain** or **sudden change in vision**.