

Diabetes and your eyes

Diabetes can damage your eyes and is the leading cause of blindness among adults.

Diabetes may cause these common eye problems

- Cataracts. These make your vision foggy or cloudy.
- Glaucoma. This is high pressure in your eye. It can also damage your vision.
- Diabetic retinopathy. This is damage to the retina. The retina is a thin layer of tissue covering the back of the eye.

If you have diabetes, be sure to have your eyes checked by an eye doctor at least 1 time every year.



Normal vision



Blurry vision



Vision with retinopathy*

*You may be able to see clearly and still have retinopathy.

(Continued from other side)

Diabetic retinopathy

Retinopathy is the most common cause of vision loss for people with diabetes.

Over time, diabetes can damage the blood vessels in your eyes. The blood vessels can get swollen or blocked. Once this happens, the blood vessels can leak and cause vision loss. This is called retinopathy.

Things you can do to help prevent eye problems

1. Keep your blood sugar under control.
2. Keep your blood pressure under control.
3. Have a dilated eye exam every year.
4. Stop smoking.

Ask your health care provider if you need a dilated eye exam.