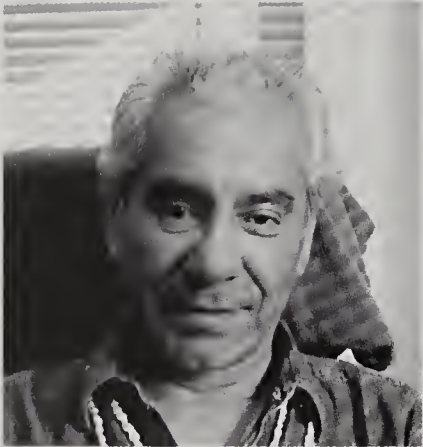


MH19D14624

Taking Care of Your Eyes



**Indian Health Service Division of
Diabetes Treatment and Prevention**



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**“I want to protect
my eyesight.**

**I make hooked
rugs, paint and**

take care of

Headstart

children.”

Taking care of your eyes

High blood sugar **can** cause changes in eyesight.

This booklet will help you learn how to take care of your eyes.

You can prevent some eye changes.

What eye changes can happen?

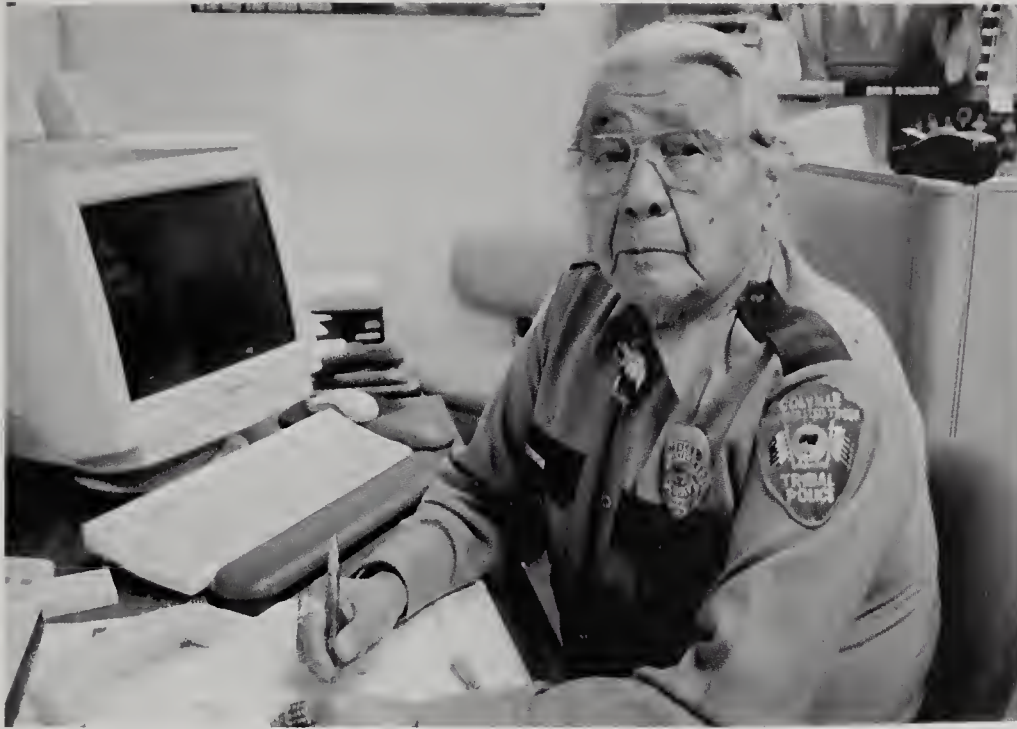
Some people notice these changes in eyesight:

- blurred eyesight
- floating spots
- clouding
- dark spots
- color less clear
- hard to see when driving at night

You may notice some of these changes. See your health care provider right away if you notice changes.

“I noticed I couldn’t see very well while driving at night.”





“I started having trouble seeing the tail lights of the car in front of me. I went in and got my eyes checked.”

How do eyesight changes occur?

Some eyesight changes occur when your blood sugar is high for long periods of time.

See your health care provider right away if you have any vision loss.

**“I have a relative
who lost
her eyesight.
I get a yearly
eye exam.”**



What should you do if you notice changes?

If you notice changes in your eyesight, you should call or see your health care provider right away. Tell them about the changes.

You can prevent further damage.

Can high blood sugar cause blindness?

Yes! Having high blood sugar for long periods of time can cause blindness.

Keeping your blood sugar in control helps protect your eyesight.



Making good food choices can help control blood sugar.

Can you prevent blindness?

Yes! You can prevent blindness. Here are some things you can do:

- Control your blood sugar.
- Tell your health care provider about any eyesight changes.
- Get a yearly eye exam.
- If you have high blood pressure, take your blood pressure pills.

If you notice eyesight changes, tell your health care provider right away.





Will you need a yearly eye exam?

Yes, you will need a yearly eye exam.

Yearly eye exams should be done even if you have no eyesight changes.

Your health care provider can help you schedule an eye exam.

Call your health care provider and make an eye exam appointment.

It is a good way to protect your eyesight.

**“I ask all
people with
diabetes to come
in for an eye exam
once a year.”**



What do eye exams check?

The doctor checks for changes in the back of your eyes.

High blood sugar can cause changes you may not notice. If not treated, these changes may cause blindness.

Are there other causes for eye changes?

Some eyesight changes are due to aging.

Do you need to hold things at an arm's reach to read? Eyeglasses can correct this.



Some eyesight changes are due to aging.

When can you get new eyeglasses?

Fitting for eyeglasses cannot be done until your blood sugar is in good control for six weeks.

An eye exam for new glasses cannot be done until your blood sugar is in good control for six weeks.





**“Walking helps
me control my
blood sugar.”**

What can you do to protect your eyesight?

You can protect your eyesight. Here are some things you can do:

- Control your blood sugar.
- Tell your health care provider about any eyesight changes.
- Get a yearly eye exam.
- If you have high blood pressure, take your blood pressure pills.

**“I want to protect
my eyesight.
I have seven
grandchildren!”**



How can you learn more?

Talk with your health care provider about scheduling a yearly eye exam. Tell them about any eyesight changes. They can help you prevent blindness.

Take care of your eyes. Mark the day and time of your eye exams

Eye Exam Date and Time

Notes

Sincere thanks go to the many people who appear in this booklet. They generously shared their stories about diabetes, and allowed photographs to be taken to help others who have diabetes or are at risk for diabetes.



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Design by Kayano Communications
Photography by Cecilia Kayano

For more information, contact:
IHS Division of Diabetes Treatment and Prevention
5300 Homestead Rd. NE
Albuquerque, NM 87110

Telephone: (505) 248-4182
Fax: (505) 248-4188
Web Site: <http://www.ihs.gov/medicalprograms/diabetes>
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