

Why You Should Schedule Your Dilated Eye Exam

FIND OUT SOONER RATHER THAN LATER

Your yearly dilated and comprehensive eye exam or retinal photography will let you know if you have any diabetes-related problems and the health of your eyes. Even if you haven't noticed any changes in your vision and your eyes seem fine, you could have diabetes-related eye disease. The sooner you detect diabetes-related eye diseases, the more likely you are to prevent or delay vision loss.

You can prevent or delay diabetes-related eye disease by managing your blood glucose levels and reaching your health targets. The American Diabetes Association® recommends an A1C target of less than 7% for most people with diabetes.

MAJOR TYPES OF DIABETES-RELATED EYE DISEASE

- Retinopathy
- Macular edema
- Cataracts
- Glaucoma
- Dry eye

A FULL PICTURE OF YOUR EYE HEALTH

There are four parts of your dilated and comprehensive eye exam. These tests are not painful.

- Visual acuity testing
- Ocular pressure testing/tonometry
- Retinal imaging
- Dilated retinal test

IF YOU ARE EXPERIENCING

- Sudden difficulty reading or focusing
- Sudden blurriness or double vision
- Pressure or pain in your eyes
- Presence of flashing lights, dark spots, or missing pieces in your vision
- Sudden appearance of floaters (moving spots or lines)

Please contact an eye doctor immediately.

IF YOU HAVE DIABETES

TYPE 1

If you have been diagnosed with type 1 diabetes you need to have an eye exam within five years of being diagnosed and very year after that.

TYPE 2

If you have been diagnosed with type 2 diabetes you need to have an eye exam soon after your diabetes diagnosis. This is because you may have had type 2 diabetes without knowing it and it could have been affecting your eyes.

PREGNANCY

If you are planning to get pregnant, have an eye exam before your pregnancy. If you are pregnant, have your eyes examined within the first trimester. If you have retinopathy, you may need to be examined again every trimester and for one year postpartum depending on the degree of retinopathy you have. Pregnancy can increase the pressure on blood vessels in your eyes. This increases your risk of progression of diabetes-related eye disease.

Contact your eye doctor (optometrist, ophthalmologist) today to schedule your dilated and comprehensive eye exam. To learn more about eye health and find an eye doctor near you, **scan the QR code** or visit **diabetes.org/eyehealth**.

