

# Diabetic Eye Disease

## What is it?

It refers to eye problems people with diabetes may have. These include



There are often NO early warning signs.

### Cataract

Clouding of the lens of the eye.



### Diabetic retinopathy

Damage to blood vessels in the retina; most common.



### Glaucoma

Damage to the optic nerve.



## What are the numbers?

7.7 million people ages 40 and older have diabetic retinopathy. Will reach 11 million people by 2030.



# 95%

of severe vision loss from diabetic retinopathy can be prevented by early detection, timely treatment, and appropriate follow-up.

## Who is at risk?

→ All people with diabetes.



The longer you have diabetes, the higher your risk of getting diabetic eye disease.

## How is it detected?

Through a comprehensive dilated eye exam.



## What can you do?

Get a comprehensive dilated eye exam at least once a year.

Keep your health on **TRACK**:



Take your medications.



Reach and maintain a healthy weight.



Add physical activity to your daily routine.



Control your blood sugar, blood pressure, and cholesterol.



Kick the smoking habit.

## Where can you learn more?

Visit [www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)