

DIABETES & EYE CARE



- ▶ Adults with **Type 1 diabetes** should have an initial dilated and comprehensive eye exam by an eye doctor within 5 years after the onset of diabetes.
- ▶ People with **Type 2 diabetes** should have an initial dilated and comprehensive eye examination by an eye doctor at the time of the diabetes diagnosis.
- ▶ Individuals who are or plan to become pregnant with preexisting diabetes should receive an eye exam before pregnancy, in the first trimester, and 1 year postpartum.

HOW OFTEN TO HAVE **EYE EXAMS**

EVERY 1 TO 2 YEARS

IF blood sugar is well controlled and there are no signs of diabetic retinopathy

or

ANNUALLY

IF any level of diabetic retinopathy is present or blood sugar is not well controlled

WHAT IS A **DIABETIC EYE EXAM?**

A diabetic eye exam is completed by an eye doctor, either an optometrist or ophthalmologist. The eye doctor will dilate the eyes with eye drops. The doctor can then examine the back of the eye where the retina is located to identify any possible damage or diabetic retinopathy.



WHAT IS **DIABETIC RETIONPATHY?**

Diabetic retinopathy is when the tiny blood vessels in the retina of the eye are damaged. This can cause blurry, distorted vision, or blindness. Eye damage can occur even if vision seems fine. Diabetic retinopathy does not mean eyeglasses are needed. Well controlled blood sugar can prevent or stop the progression of diabetic retinopathy.