

The choice is clear

When it comes to taking care of your vision, the choice is clear: get your eyes checked and save your sight.

Eye problems you may not notice

If you have diabetes, you are at risk for “diabetic retinopathy,” which can cause blurry vision — as in the right photo — or even blindness.



The condition is caused by damage to the back of the eye, known as the retina.

At first, you may have little or no vision problems. With the condition, though, your eyesight grows worse.

(continued)



The best step for prevention

Even if your vision seems normal, the best way to prevent diabetic retinopathy is to have your eyes checked **yearly** by an eye doctor.

If your eye doctor finds signs of the eye disease, you can receive treatment to keep your vision healthy.

Need help finding a doctor?

- Go to www.legacyhealth.org/findaprovider
- Under “Services” select “Adult” and “Eye Care”
- Click “Search”

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