



# The Take Control Two-Step

## Small Steps to Manage Chronic Diseases

### **Managing Diabetes Resources**

#### **Eye Care for People With Diabetes**

Eye care is especially important for people with diabetes because they are at increased risk of developing eye complications from the disease. In fact, diabetes is the leading cause of blindness in adults age 20 to 74.

#### **Eye Care Tips**

- >> Schedule regular appointments with your eye doctor so that any eye problem can be detected early and treated.
- >> Maintain control of your blood glucose levels.
- >> Keep your blood pressure in control. High blood pressure by itself can lead to eye disease, so if you have high blood pressure as well as diabetes, it is especially important that you take steps to control both conditions.
- >> Get your blood cholesterol levels under control.
- >> Eat a healthy diet.
- >> Avoid smoking.
- >> Exercise regularly

#### **When Should I Call the Eye Doctor?**

- >> If you have diabetes, you should make an appointment to see your eye doctor if you experience any visual problems or notice any changes in your vision. You should seek medical care for your eyes immediately if you experience any of the following symptoms:
  - >> Blurring of vision
  - >> Black spots
  - >> Flashes of light
  - >> Partial or complete loss of vision in one or both eyes