

# AFRICAN AMERICANS

## and Eye Health: Diabetic Retinopathy

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

### DIABETIC RETINOPATHY

Diabetic retinopathy occurs when the blood vessels in the eye are damaged by diabetes.

APPROXIMATELY **828,000** AFRICAN AMERICANS HAVE DIABETIC RETINOPATHY.

MAY EXCEED **1MIL.** BY 2030

#### How can you focus on your vision?

Keep your diabetes under control. Get a comprehensive dilated eye exam at least once a year.

### HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

**1** Get regular comprehensive dilated eye exams.

**5** Maintain a healthy weight.

**2** Know your family's eye health history.

**6** Quit smoking or never start.

**3** Eat a nutritious diet.

**7** Control your diabetes.

**4** Wear protective eyewear.

**8** Wear sunglasses when outside.

For more information about eye health, visit [www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)