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.

**828,000 APPROXIMATELY 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.
2. Know your family’s eye health history.
3. Eat a nutritious diet.
4. Wear protective eyewear.
5. Maintain a healthy weight.
6. Quit smoking or never start.
7. Control your diabetes.
8. Wear sunglasses when outside.

For more information about eye health, visit www.nei.nih.gov/diabetes