Diabetic retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.

Source: National Eye Institute, 2014

Diabetic retinopathy is the leading cause of blindness in working-age adults ages 20–74.

Today: 7.7 million
2030: 11 million
2050: 14.5 million

However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.

All people with diabetes—both type 1 and type 2—are at risk.

Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.

You can protect your vision. Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don’t forget to—
- Take your medications.
- Reach and maintain a healthy weight.
- Add physical activity to your daily routine.
- Control your blood sugar, blood pressure, and cholesterol.
- Kick the smoking habit.

Learn more at: www.nei.nih.gov/diabetes