PROTECT YOUR VISION FROM DIABETES

Have a dilated eye exam every year, and follow these steps to keep your health on TRACK.

T - Take your medications as prescribed by your doctor.
R - Reach and maintain a healthy weight.
A - Add more physical activity to your daily routine.
C - Control your ABC’s—A1C, blood pressure, and cholesterol levels.
K - Kick the smoking habit.

www.nei.nih.gov/diabetes