# Protect Your Vision From DABETES

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



Take your medications as prescribed by your doctor.



### Reach and maintain a healthy weight.



## Add more physical activity to your daily routine.

### Control your ABC's— A1C, blood pressure, and cholesterol levels.



### Kick the smoking habit.



National Eye Institute



A program of the National Institutes of Health

#### www.nei.nih.gov/diabetes