

Start a **New Tradition:** Set Your Sights on **Healthy Vision**



If you are living with diabetes, you know that it is complicated—juggling the demands of jobs, kids, the holidays, and more with your treatment, nutrition, and exercise regimens. Here's something you may not know: Even with all you do to manage your diabetes, you're still at risk for diabetic eye disease—a leading cause of blindness.

Make eye exams routine.

There's a simple step you can take to keep your eye health from falling through the cracks: Get a comprehensive dilated eye exam. Everyone with diabetes should get this sight-saving exam at least once a year. Diabetic eye disease has no warning signs, but if detected early, it is treatable. If you wait until you notice a problem, it could be too late.

TRACK your health.

Make a plan to protect your sight and keep your health on **TRACK:**

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.

A comprehensive dilated eye exam can protect against vision loss. Yet, half of all people with diabetes don't get an annual eye exam. *Don't be one of them.* It's National Diabetes Month—a perfect time to schedule your exam. What are you waiting for?

Learn more at

www.nei.nih.gov/diabetes.