All people with diabetes — whether type 1 or type 2 — are at risk for eye problems related to diabetes. Eye problems are more common in people who have had diabetes for a long time and in people who have not always had their diabetes well controlled. Not everyone with diabetes will develop eye problems. That’s why it’s important to get a dilated eye exam at least once a year.

**Picture Your World**

**How could diabetes affect your vision?**

- **NORMAL VISION**
  - How things appear with *normal* vision

- **CATARACTS**
  - How might you see the world with *cataracts*?
    - Cause cloudy vision
    - Develop earlier in people with diabetes
    - NOTE: Cloudy vision is also a symptom of *elevated blood sugar*, which may resolve when blood sugar is controlled.

- **GLAUCOMA**
  - How might you see the world with *glaucoma*?
    - Cuts out peripheral vision
    - Causes an increase in fluid pressure inside the eye which results in optic nerve damage and vision loss
    - Adults with diabetes are nearly twice as likely to get glaucoma as other adults

- **ADVANCED RETINOPATHY**
  - How might you see the world with *retinopathy*?
    - May cause limited vision, spots, and blurring
    - Usually affects both eyes
    - Damages the blood vessels in the retina
    - May eventually cause vision loss
    - This is the most common eye disease among people with diabetes and is a leading cause of blindness in American adults

Diabetes Educators: Call 1-800-635-2288 for information or patient brochures.

Medicare Part B patients: Call 1-877-231-5199 and mention reference code ED06500 to order your diabetes testing supplies.

Web site: www.RxSolutions.com/diabetes

The information in this educational tool does not substitute for the medical advice, diagnosis or treatment of your physician. Always seek the help of your physician or qualified health provider for any questions you may have regarding a medical condition.

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