

NOW EYE SEE™

DIABETES AND YOUR EYES: QUESTIONS TO ASK YOUR EYE CARE PROFESSIONAL.



If you have diabetes and are at risk for developing diabetic retinopathy

Diabetes can affect many parts of the body, and the eyes are no exception. People with diabetes may develop **diabetic retinopathy**, a serious condition that could lead to complications like **diabetic macular edema**. Having diabetes puts your vision at risk.

Fortunately, there are things you can do about it. **Make your eye health a priority** and schedule an appointment with an eye care professional.

It's recommended that you get a comprehensive dilated eye exam from an eye care professional as soon as you are diagnosed with diabetes, and at least annually after that—or as often as your eye care professional recommends.

Here are some helpful questions to ask your eye care professional during your visit.

QUESTIONS TO ASK

- What is diabetic retinopathy and what causes it?
- What are the symptoms of diabetic retinopathy?
- What is my risk for developing diabetic retinopathy?
- Could I already have diabetic retinopathy, even if I haven't noticed any changes to my vision?
- How could excess blood sugar be affecting my eyes?
- What is diabetic macular edema?
- How often should I get my eyes checked?
- What is a comprehensive dilated eye exam, and how is it different from other eye exams?
- How can diabetic retinopathy affect me in the future?
- What are ways I can check my vision at home for changes or symptoms?
- What are the next steps I should take to help protect my vision?

OTHER THINGS TO CONSIDER FOR YOUR APPOINTMENT

It's a good idea to plan ahead. When you schedule your appointment, ask how much time you'll need for your visit and if there is anything you need to do before going.

It's also important to be honest with your eye care professional about how you're feeling, as sometimes things can feel a bit overwhelming. They can help you understand how diabetes can affect your eyes.

By scheduling an appointment with an eye care professional, asking the right questions, and having an open conversation about diabetes and your eyes, you'll be taking a big step in making eye care a priority.

NOTES

You can use this space to write down any other questions you might have, and to take notes from your conversation.



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