

**NOW
EYE
SEE™**

**DIABETES AND YOUR EYES:
QUESTIONS TO ASK A
RETINA SPECIALIST.**



If you are diagnosed with diabetic retinopathy or diabetic macular edema, and have symptoms.

Diabetic retinopathy and diabetic macular edema could cause permanent vision loss—but there are steps and actions you can take that could help. You can start by scheduling an appointment with a retina specialist, today. Retina specialists receive additional training to treat specific conditions of the retina, like diabetic retinopathy and diabetic macular edema.

Because you have been diagnosed with **diabetic retinopathy** or **diabetic macular edema**, and already have some symptoms like blurry vision, dark spots, or wavy lines, it is extremely important to follow a retina specialist's advice. That includes following the treatment plan they recommended and talking about any changes in your vision.

A retina specialist can look at your condition and recommend potential treatment options that may be appropriate for you.

Here are some helpful questions to ask your retina specialist during your visit.

QUESTIONS TO ASK

- What are other symptoms that I could develop if my condition progresses?
- Is there anything else I can do to help slow disease progression?
- What treatment options are available?
- Are you able to provide these treatments if they are recommended for me and, if not, who should I see who can?
- What are the risks of not taking the actions recommended for me for diabetic retinopathy or diabetic macular edema?
- How often should I have my eyes checked?
- What is a comprehensive dilated eye exam, and how is it different from other eye exams?
- How should I monitor my vision at home for changes or symptoms?
- What are some additional tips and resources for living with my condition?

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 retina specialist about how you're feeling, as sometimes things can feel a bit overwhelming. They can help you understand what's happening inside your eyes and what your options are.

By scheduling an appointment with a retina specialist, asking the right questions, and having an open conversation about your options, 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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