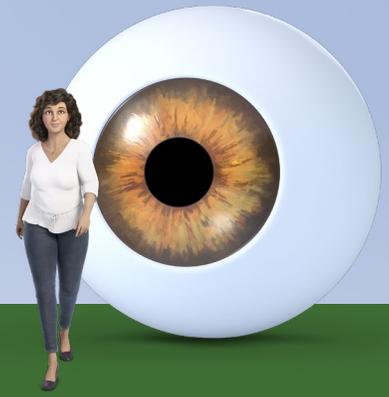


NOW EYE SEE™

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



If you are diagnosed with diabetic retinopathy or diabetic macular edema, but have no symptoms.

Because you have diabetes and have already been diagnosed with **diabetic retinopathy (DR)** or **diabetic macular edema (DME)**, your retina specialist may have told you that **DR and DME can get worse over time, even if your vision may not currently be affected.**

DR and DME can damage your eyes before they show symptoms, and **either condition could cause permanent vision loss.** But there are steps and actions you can take that can help. You can start by scheduling an appointment with your retina specialist, today.

At your appointment, you can discuss a follow-up plan with your retina specialist, and talk about potential treatment options that could help.

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

QUESTIONS TO ASK

- What is happening inside my eyes, and how does it relate to my diabetes?
- Am I at risk of developing symptoms?
- What do symptoms of diabetic retinopathy and diabetic macular edema look like?
- What is a comprehensive dilated eye exam, and how is it different from other eye exams?
- How often should I have my eyes checked if I have no symptoms?
- How do I know if diabetic retinopathy and/or diabetic macular edema are progressing?
- What treatment options are available?
- How can diabetic retinopathy and/or diabetic macular edema affect me in the future if I don't take the actions recommended for me?
- How should I monitor 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 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.



TO LEARN MORE, VISIT [NOWEYEESEE.COM](https://www.noweyesees.com)