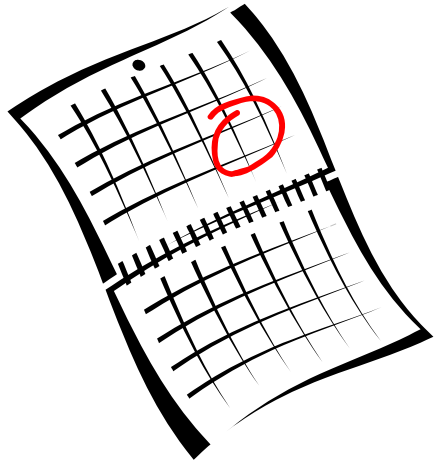


How often should I get a dilated eye exam?



“GOT SUGAR?”

Eye Care

- Most people with diabetes should have a dilated eye exam every year.
- If you already have eye problems caused by diabetes, you may need a dilated exam more often.
- Ask your doctor when to schedule your next exam.

Did you know that diabetes can affect your vision?

The best way to keep your eyes healthy is to:

- Control your blood sugar levels

AND

- Get a dilated eye exam every year

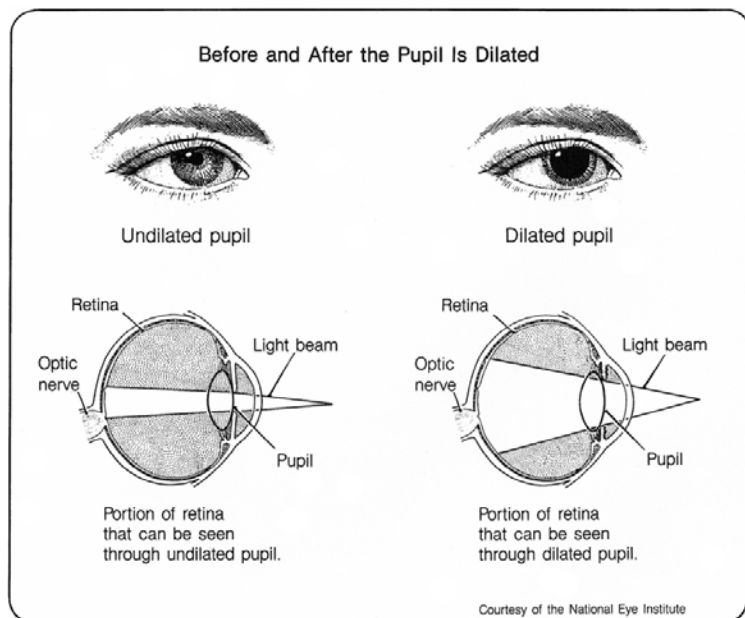
For more information please contact:

The Institute for Urban Family Health
Bronx Health REACH
16 East 16th Street
New York, NY 10003
Phone: 718-588-1235



What is a dilated eye exam?

- It is a special exam given by an eye doctor.
- It involves putting drops in your eyes. The drops make the black center part of your eye—the pupil— bigger.
- Making the pupil bigger allows the doctor to see the inside of your eye better.
- This way the doctor can check to see if there are any problems with the inside of your eye caused by diabetes.
- A dilated eye exam doesn't hurt, but your vision will be blurry for a few hours after the exam.



Are there any symptoms of eye problems caused by diabetes?

- Many times there are NO symptoms or early warning signs that problems have started.
- This is why it is so important to get regular dilated eye exams.
- Sometimes symptoms do appear. They may include blurry vision or spots “floating” in your vision. Report these symptoms to your doctor IMMEDIATELY!



Normal vision



Same scene viewed by a person with diabetic retinopathy

- The earlier you receive treatment for eye problems caused by diabetes, the more likely it is that the treatment will be effective.