

# Diabetes and your eyes



**People with diabetes may have problems with their eyes**

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Easy read factsheet



**There is a special eye check for people with diabetes**

This is often called NHS Diabetic Eye Screening

2019

2020

2021

It is important your eyes are tested every year to check for problems


**Diabetic Eye Screening**

**What happens at a diabetic eye screening appointment**

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Having your eyes tested is the only way to find out if diabetes is damaging your sight. This special eye test is often called the NHS Diabetic Eye Screening Test



It is important your eyes are tested every year to check for problems

2019 2020 2021



This is a special test about diabetes. You will still need to see the optician for an eye test every 2 years.

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**We have a factsheet about the NHS Diabetic Eye Screening Test**

Go to [www.seeability.org/looking-after-your-eyes](http://www.seeability.org/looking-after-your-eyes) to see this and other easy read factsheets

## **Diabetes makes changes to the inside of your eyes:**



**Sometimes your sight doesn't change and you can still see clearly**

Eye doctors call this Background Diabetic Retinopathy



Follow your doctor's advice about healthy living to try and control your diabetes well



**Sometimes your sight may become blurry, making it harder to see clearly**

Eye doctors call this Diabetic Maculopathy



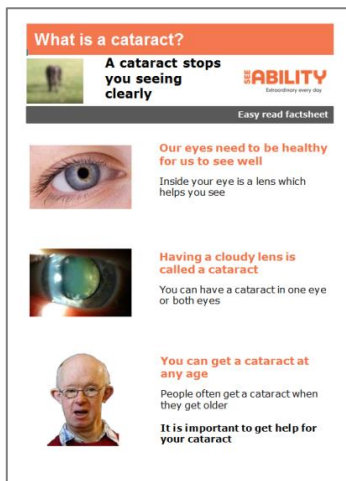
**Your sight can suddenly get worse and become patchy. You will not be able to see parts of what you look at**

Eye doctors call this Proliferative Diabetic Retinopathy



**People with diabetes may also have cataracts**

A cataract is when the lens in the eye becomes cloudy



## We have a factsheet about cataracts

We have more easy read factsheets on our website

Go to:

[www.seeability.org/looking-after-your-eyes](http://www.seeability.org/looking-after-your-eyes)

## If you have diabetes you should:

Go to all your health appointments:

Still go to the optician for an eye test every year

Ask your doctor about healthy food to eat

Take your medicine

Have a healthy lifestyle





Having your eyes checked is the only way to find out if diabetes is making your eyesight worse



Your eye doctor can also tell you about treatments to make your eyes better



Talk to your GP or optician if your eyesight changes or you are worried about your eyes

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[eyecare@seeability.org](mailto:eyecare@seeability.org)



01372 755000

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