Diabetes and your eyes

People with diabetes may have problems with their eyes

Easy read factsheet

There is a special eye check for people with diabetes

This is often called NHS Diabetic Eye Screening

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

We have a factsheet about the NHS Diabetic Eye Screening Test

Go to 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

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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