

Diabetes and your eyes

People with diabetes may have problems with their eyes.



Easy read fact sheet



There is a special eye check for people with diabetes.



This is sometimes 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.



You can read this at www.seeability.org/diabetic-eye-screening.



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.



Listen to your doctor's advice about living healthily.



Living healthy will help with your diabetes.



Sometimes your sight may become blurry.



This makes it harder to see clearly.



Eye doctors call this Diabetic Maculopathy.



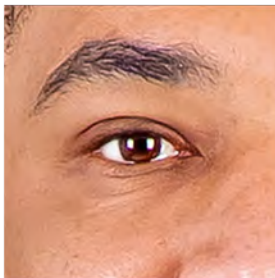
Your sight can suddenly get worse and become patchy.



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.



You can read it at www.seeability.org/cataracts.



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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