

What you need to know about:



DIABETES AND YOUR EYES



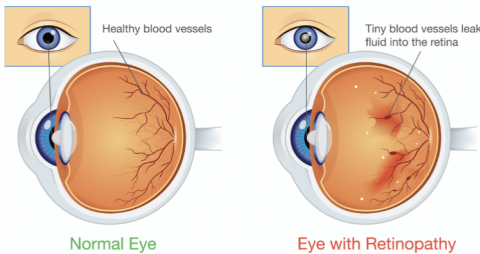
Did you know SCHC offers retinal eye screenings during your regular office visit? It only takes about 10 minutes.

Diabetic retinopathy is damage to the retina (the back of your eye) that is caused by diabetes and high blood sugars over time. It can cause vision changes and blindness.

Retinopathy in the early stage often does not have any symptoms. Once symptoms start, it is often too late to treat.

Symptoms include:

- Seeing spots or floaters
- Having a dark or empty spot in the center of your vision
- Blurred vision
- Difficulty seeing well at night



If blood sugar is high for too long, fluid can build up in the lens that allows you to focus. Once blood sugars are controlled, usually the lens will go back to its original shape and vision will get better. If blood sugars are controlled, it will slow down how quickly diabetic retinopathy develops.

- A staff member will have you sit in a dark space for about 5 minutes.
- We will use the RetinaVue Imager to take pictures of your retina with a quick flash of light.



- No uncomfortable dilation drops!
- The pictures will be sent to a board certified ophthalmologist.
- They send us back a report of your eyes.



If everything is good, you are set for a year!



If they find anything wrong, we will send you for a full eye exam.

HOW CAN YOU HELP:

- Stick to a healthy diet
- Take your prescribed medication
- Exercise regularly
- Control high blood pressure
- Avoid alcohol and smoking
- Get regular retinal eye exams