

- Control your blood sugar by taking treatment according to medical advice



- Take medicine properly according to medical advice to control blood pressure and cholesterol



- Stop smoking



www.sri.lankadiabetesfederation.lk

By these steps you can prevent damage to your eyes.

What are the treatment measures available, if your eyes are already damaged by diabetes?

- If your eyes are affected only mildly, you might not need specific treatment. But you will need to have more frequent eye tests.
- If the damage is more, the doctor will recommend laser treatment or injections into your eyes. This will minimize further damage to your eyes.

Diabetes and your eyes....

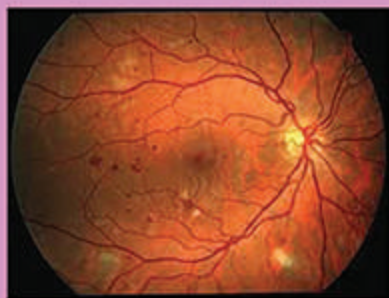


Do you know?

- Diabetes is a main cause of blindness
- One third of persons with diabetes will have effects on their eyes due to diabetes

What are the effects of diabetes on eyes?

Diabetes will damage small blood vessels in the eyes. This will lead to bleeding and abnormal blood vessel growth inside the eyes. This will lead to reduced or complete loss of vision. Unfortunately it is difficult to correct vision once it is lost.



It is difficult to reverse damage to the eyes from diabetes once it occurs. Therefore it is important to prevent them from happening.

What can you do to protect your eyes from diabetes?

- Get your eyes checked from an eye clinic or a diabetic clinic, if your eyes have never been tested or they haven't been tested within the last one year.
- If your eyes are not affected from diabetes, the doctor will advise you to get them checked every year or two years.
- If your eyes are affected from diabetes, the doctor will recommend you some form of treatment.

