

Why You Should Schedule Your Annual Dilated Eye Exam

For a person at risk for diabetes or living with diabetes your blood glucose (blood sugar) levels can affect the health of your eyes. An annual dilated and comprehensive eye exam is a simple way to detect, prevent or delay eye disease and vision loss caused by diabetes.

Even if vision seems completely normal and the eyes feel fine, a person could be experiencing the earlier stages of a diabetes-related eye condition.

Some diabetic eye diseases have no signs or symptoms until they are too obvious to ignore, which might present as:

- Blurred vision
- Dark spots or "holes"
- Flashes of light
- Seeing an increased amount of floaters
- Poor night vision

The sooner the eye doctor catches diabetes-related eye conditions, the sooner it can be treated to delay them from getting worse.

Learn more about the connection between diabetes and diabetes related eye disease at diabetes.org/diabetes/eye-health/.

