



DID YOU KNOW?

Most blindness or vision loss can be prevented or treated if detected early.

Ask your doctor about a diabetes eye check*

HAVE YOUR EYES CHECKED NOW TO PREVENT VISION LOSS



SIGN UP TODAY FOR DIABETES EYE CHECK REMINDERS AT

www.keepersight.org.au



*Most diabetes eye checks can be bulk-billed.



KeepSight of your Diabetes



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DIABETES AND EYE HEALTH

People with diabetes have an increased risk of eye problems. It can lead to poor vision and blindness.



GOOD NEWS – YOU CAN PREVENT

If you get your eyes checked now and keep checking them regularly, most vision loss from diabetes can be avoided, even if you don't have symptoms right now. The earlier the treatment, the better.



SIGNS AND SYMPTOMS

You, or someone in your family may notice blurry vision, or you might see spots floating around when you are looking at things. You might be sensitive to glare, or you may see dark patches.



GETTING AN EYE CHECK

Getting a diabetes eye check is easy. You can talk to your GP, or book directly with an optometrist. The check only takes about 30 minutes.

NORMAL VISION



DIABETIC RETINOPATHY



Eye problems for people with diabetes are caused by diabetic retinopathy.

This means that your diabetes is causing your eyes to be more and more sensitive, and over time they can become damaged. This leads to problems with your sight.

Getting your eyes checked regularly means that you can get early treatment and avoid having problems with your vision.

Ask your doctor about a diabetes eye check – most diabetes eye checks can be bulk-billed.



Find out more at www.keepsight.org.au