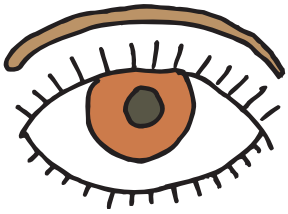
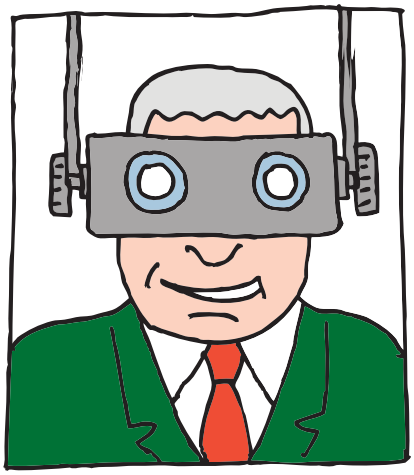
# DIABETES
## AND YOUR EYES

High blood sugar levels from diabetes can cause a number of problems with your eyes, such as:



- Blurry vision
- Cloudy vision that feels like you are looking through a dirty window
- An increase in eye pressure
- Loss of vision



**What can you do?**
You can help prevent eye problems and

- Get a "dilated" eye exam at least once a year*
- Control your blood pressure
- Keep your blood sugar under good control

keep your eyes healthy if you:

**If you have a problem:**
Call your doctor or health clinic right away if you have any sudden change in your vision.

Regular eye exams and taking good care of your diabetes are the best way to prevent eye problems.

* Dilated eye tests or exams are given only by an ophthalmologist (ahp tha MAHL uh jist). This is a medical doctor (MD or DO) with special eye care training.

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