

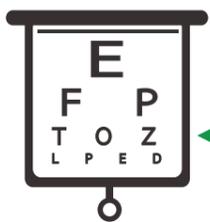
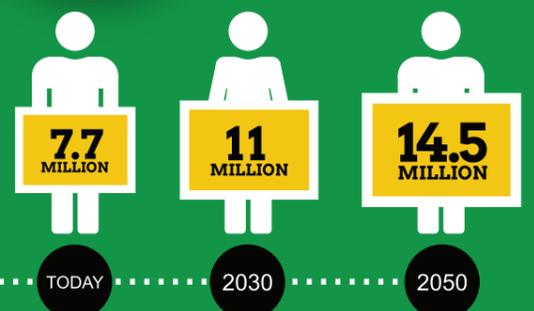
LEARN THE FACTS ABOUT DIABETIC RETINOPATHY

Diabetic Retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.



A GROWING ISSUE

Diabetic retinopathy is the leading cause of blindness in working-age adults 20-74



NO EARLY SYMPTOMS

However, over time, diabetic retinopathy can get worse and cause vision loss or blindness.



WHO IS AT RISK?

All people with diabetes - both type 1 and type 2 - are at risk.



95% **REDUCED RISK OF VISION LOSS**
Early detection, timely treatment, and appropriate follow-up care can reduce the risk of severe vision loss by 95 percent.



YOU CAN PROTECT YOUR VISION

Get a comprehensive dilated eye exam at least once a year if you have diabetes.

Don't Forget To Track

- T** Take your medications
- R** Reach and maintain a healthy weight
- A** Add physical activity to your daily routine
- C** Control your blood sugar, blood pressure and cholesterol
- K** Kick the smoking and alcohol abuse habit