



# Eye on Health

## Diabetes And Your Eyesight



**Annual exams are key to keeping your eyes healthy.**

**Blurred and patchy vision is often caused by diabetic retinopathy.**

(NAPSA)—One in four Americans is living with prediabetes or diabetes. Unfortunately, many are unaware that they are living with a disease that can rob them of their quality of life. According to the American Diabetes Association, diabetes is the leading cause of blindness among adults, causing up to 24,000 people to lose their sight each year.

### **A Unique Look Into Your Health**

Visiting an optometrist for a comprehensive eye exam each year is essential for monitoring the health of your eyes, as well as your overall health. Your eyes are the only part of your body that provides a window into your health without surgery or other invasive procedures.

Optometrists can look at the blood vessels in the eyes to discover early signs of diabetes and many other serious health risks such as high cholesterol and high blood pressure.

### **Diabetes And Vision**

It's especially important to have an eye doctor watch for signs of diabetic retinopathy. If left undetected, diabetic retinopathy may lead to blurred vision and damage the retina, which cannot be repaired.

According to the Centers for Disease Control, 90 percent of diabetes-related blindness could be prevented with a regular eye exam. It is critical that those living with diabetes and prediabetes are proactive and visit their optometrist to monitor, detect and prevent vision loss.

### **More Than Meets The Eye**

As costs to treat diseases continue to rise, an annual eye exam is a great preventive way to identify diseases and conditions earlier, keep treatment costs down and, more important, address health risks before they have an irreversible effect on a person's life.

To find an eye doctor near you or information on the importance of eye health, visit [www.vsp.com/ada](http://www.vsp.com/ada).