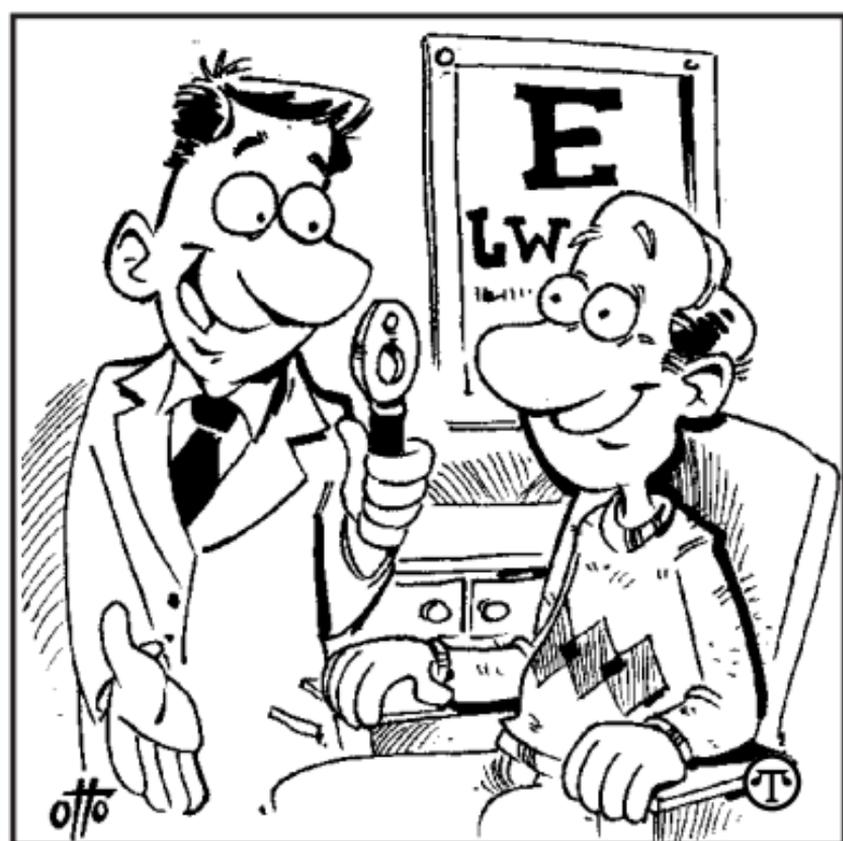


# **Eye on Health**

## **Diabetic Retinopathy**

(NAPSA)—More than 16 million people in the United States have diabetes. According to medical experts, each of them should receive a dilated eye exam every year.

This is because diabetes is the leading cause of new cases of blindness in people ages 20 to 74, blinding more than 15,000 people each year. Diabetic retinopathy is the most common form of diabetic



**People with diabetes should have a dilated eye exam once a year to check for retinopathy.**

eye disease. It often has no warning signs, yet frequently can be prevented by early detection through a dilated eye exam, followed by timely laser surgery, if necessary.

Symptoms of the disease include spots, “floaters,” or blurred vision. People with diabetes should see their eyecare professional immediately if their vision becomes blurry, they see double, one or both eyes hurt, there is pressure in an eye, they see spots or floaters, or if peripheral vision is not as good as it was previously.

All people with diabetes are at risk. Diabetic retinopathy can also be a problem for women who develop diabetes during pregnancy (gestational diabetes). Pregnant women with diabetes should definitely have dilated eye examinations each trimester to protect their vision.

Because a person with diabetes can have retinopathy and not know it, everyone with diabetes should have a dilated eye examination at least once a year. If detected, early treatment of eye problems can help save your sight.

To learn more, visit the Vision Council of America’s Web site at [www.visionsite.org](http://www.visionsite.org).