

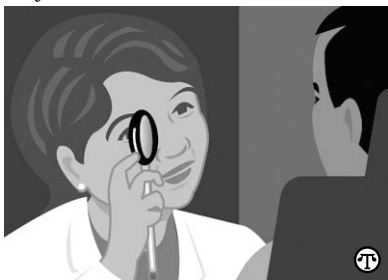


Eye on Health

Don't Lose Sight of Diabetic Eye Disease

(NAPSA)—Approximately 13 million Americans have been diagnosed with diabetes and an additional 5.2 million have the disease and don't know it. Diabetes can cause a number of health complications such as heart disease, kidney failure and sight-threatening eye diseases, which often have no early warning signs.

Diabetic retinopathy is the most common form of diabetic eye disease. It is a complication that occurs when diabetes damages the tiny blood vessels inside the retina.



With appropriate care, people with diabetes can reduce the risk of blindness by 90 percent.

To reduce the risk of vision loss, the National Eye Institute of the National Institutes of Health encourages people with diabetes to have a dilated eye exam every year and keep their health on **TRACK**:

- **T**ake your medications as prescribed by your doctor.
- **R**each and maintain a healthy weight.
- **A**dd more physical activity to your daily routine.
- **C**ontrol your ABCs—A1C, blood pressure, and cholesterol levels.
- **K**ick the smoking habit.

Getting annual eye exams, timely treatment and appropriate follow-up care can reduce the risk of blindness by 90 percent. To learn more, visit www.nei.nih.gov/diabetes/.