



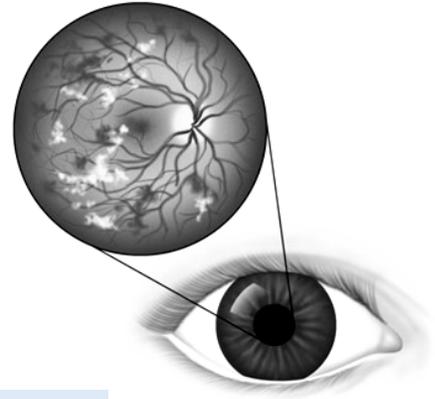
## Is there treatment for your eyes?

If the damage is detected before it has affected your sight, treatment can prevent vision loss. Where vision loss has already occurred, treatment can only stop it from getting worse.

## What are the types of eye problems associated with diabetes complications?

### 1. Diabetic Retinopathy

Of all the eye problems, diabetic retinopathy is the most serious. It occurs when your retina is damaged. The retina is a light-sensitive tissue at the back of your eye. It is nourished by tiny blood vessels. You get diabetic retinopathy when these blood vessels are damaged. Many people with diabetes have retinopathy.



*Diabetic retinopathy is the leading cause of new cases of legal blindness among the working-age population.*

### 2. Cataracts



If you have diabetes, your chances of getting a cataract are much higher than those who do not have diabetes. High blood sugar causes the lens of your eye to swell and the normally clear lens becomes foggy. Anyone can get cataracts but people with diabetes have eye problems earlier in life and the condition progresses more rapidly.

### 3. Glaucoma

Glaucoma is another type of eye problem among diabetics. Glaucoma results from excess fluid inside the eyes. The buildup of pressure damages the vessels and optic nerve and causes blindness. Diabetics get glaucoma 50% more often than people without diabetes.



## Quiz: What you see with different eye problems?

Associate picture with the good condition

A.



B.



C.



D.



E.



1. Retinopathy

2. Early blurred vision

3. Normal

4. Glaucoma

5. Cataracts

Answers:

A2, B3, C5, D1, E4