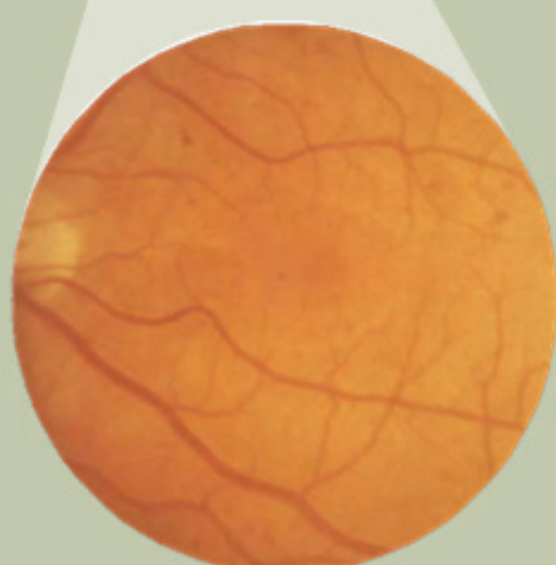
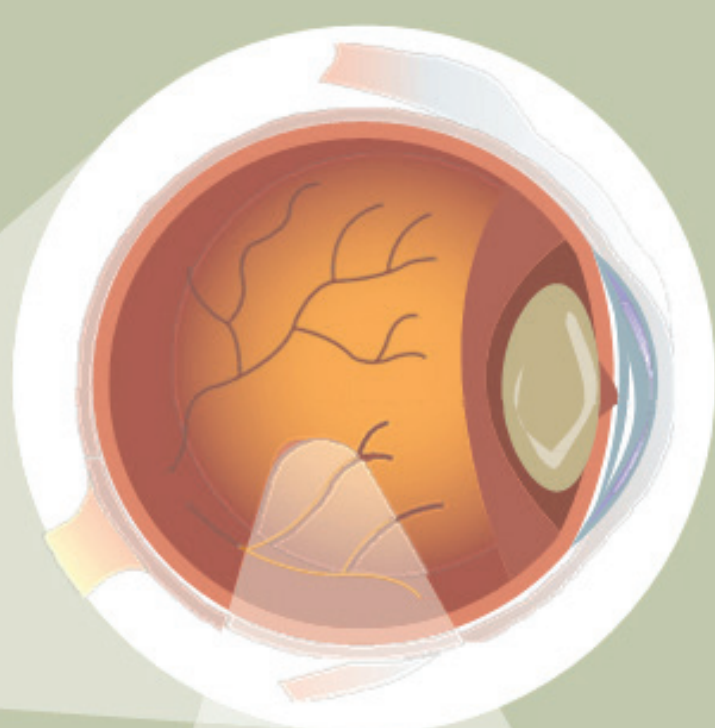


# LEARN THE FACTS

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.

Source: National Eye Institute, 2014

### A GROWING ISSUE

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



TODAY



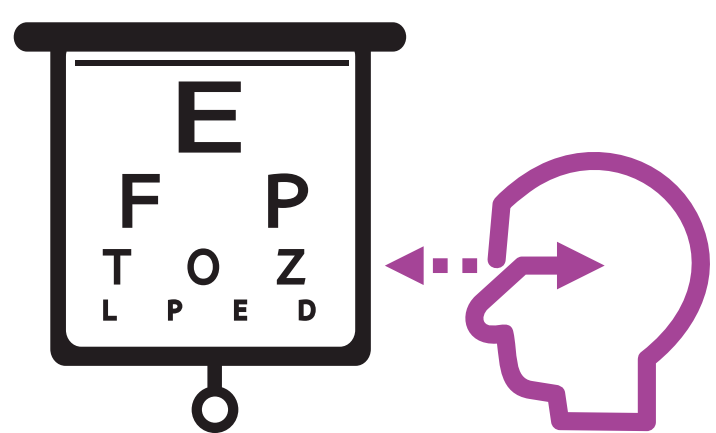
2030



2050

### 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—

- 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 habit.

LEARN MORE AT:  
[www.nei.nih.gov/diabetes](http://www.nei.nih.gov/diabetes)

