Diabetes and Your Eye Health



Your VSP® network eye doctor is a key part of your healthcare team, especially if you are living with diabetes or prediabetes.

vsp vision care

Visit your eye doctor right away if you:

- See little black lines or spots that don't go away.
- Experience any red spots or fog.
- Have a sudden change in how clearly you see.
- Have trouble seeing colors.
- Take longer than usual to adjust to darkness.[1]

Common eye diseases among people with diabetes:

- Diabetic retinopathy can cause blindness if not treated.
- Cataracts are more common in people with diabetes.
- Glaucoma can lead to vision loss or blindness if left untreated.[1]

Healthy eyes to-do list:

- Talk to your eye doctor about receiving a retinal screening. They can take photos of the back of your eyes to help assess any changes over time.
- Ask your eye doctor for advice about the best ways to keep your eyes healthy, and request that all test results are sent to your other healthcare providers.
- Manage your diabetes and work with your diabetes care team to reach your blood sugar targets.

Find a doctor with the ADA badge

Diabetes

The good news is, 90% of blindness caused by diabetes is preventable through early detection and managing your diabetes.[2]

Visit **vsp.com/eye-doctor** or call **800.877.7195.**

1. Diabetes and Vision Loss, CDC, September 2023.
2. How to Promote Eye Health for People With Diabetes, CDC, September 2023.

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