



## Protecting yourself against diabetes

Diabetes is one of the most prevalent diseases in the U.S. Adults and children alike can be affected due to ethnicity, genetic traits, and diet. Maintain a healthy lifestyle and see your physician annually to act preemptively towards diabetes.

### How it affects your vision

Anyone with diabetes is at risk for developing diabetic retinopathy. This potentially blinding disease swells and blocks the blood vessels in your eyes. New, fragile vessels may form and burst, which could lead to severe vision loss or blindness.

If you are diabetic, schedule a yearly comprehensive eye exam with your ophthalmologist to help prevent retinopathy.

### Warning signs

Difficulty reading, blurry vision, sudden loss of vision in one eye, seeing rings around lights, and seeing dark spots or flashing lights are some symptoms requiring a follow-up. Diabetic retinopathy can develop without any of these symptoms beforehand so be consistent and be sure to schedule an eye exam once a year.

#### How do I sign up for my annual eye exam?

Find a provider near you at [davisvision.com/providerlocate](https://davisvision.com/providerlocate) and schedule your eye exam today.