

Diabetic Eye Health

Facts and tips that may help prevent eye damage.

What is diabetic retinopathy?

Diabetic retinopathy is an eye condition, caused by diabetes, that can lead to vision loss or blindness. It's most common in people who do not manage their blood sugar.

Oftentimes, people don't show any symptoms until the condition becomes advanced. That's why it's important to get screened early for eye problems related to diabetes. Then, your doctor can help protect your eyes before your vision is affected.¹

For more advanced stages, a doctor may recommend medication or laser surgery. Procedures such as photocoagulation can help control leaking or growing blood vessels in the retina that can impair your vision.



Symptoms

When symptoms do appear, they can include:

- ✓ Blurry vision
- ✓ Dark or floating spots
- ✓ Trouble seeing things in the center of your focus
- ✓ Trouble telling colors apart

Types of screenings

People with diabetes should have their eyes checked every year if they have retinopathy, or every two years if they show no signs of retinopathy.

- ✓ **Dilated eye exam:** Doctors will give you drops to open your pupils to examine your retina for problems that could be caused by diabetes.¹
- ✓ **Retinal photographs:** In this screening, a technician will take pictures of your eye with a special camera, and send the pictures to an eye doctor who can use them to check for signs of disease. This practice is less common and should be used if a dilated eye exam is not available.¹

LET'S
TALK.

Talk to your doctor today to create a plan to help you best manage your diabetes.

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My Diabetes Action Plan

One of the best treatments for diabetes-related eye problems is managing your diabetes through lifestyle improvements. A great way to improve your lifestyle is to set personal health goals. Understanding the 5 D's of diabetes may help identify a goal to help you maintain your eye health.

5 D's of Managing Diabetes

Doctors: Go to your doctor visits

Drugs: Take your medications

Data: Monitor your health data

Diet: Manage your diet

Determination: Be determined to stick with it every day

Write down one goal statement related to the 5 D's, describing how you want to better manage your diabetes.

Goal statement: _____

Now that you have a goal, write down three small steps you can take today to put you closer to reaching that goal.

1. _____
2. _____
3. _____



To learn more ways to manage your diabetes, we encourage you to check out our interactive online course, "Living Well with Diabetes," at uhcrenew.com/diabetes.

**LET'S
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Talk to your doctor today about ways to help stay healthy.

¹ UpToDate, 2017.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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