People with Diabetes may have problems with their eyes.

It is important your eyes are tested every year to check for problems

There is a special eye test for people with diabetes

This is often called the NHS Diabetic Eye Screening Test

We have a factsheet about the NHS Diabetic Eye Screening Test

Go to www.seeability.org/looking-after-your-eyes to see this, and other Easy Read Factsheets we have designed
Diabetes makes changes to the inside of your eyes:

- Sometimes your sight doesn’t change and you can still see clearly
  
  Eye doctors call this Background Diabetic Retinopathy

- Sometimes your sight may become blurry, making it harder to see clearly
  
  Eye doctors call this Diabetic Maculopathy

- Your sight can suddenly get worse and become patchy. You will not be able to see parts of what you look at
  
  Eye doctors call this Proliferative Diabetic Retinopathy
People with diabetes may also have cataracts

A cataract is when the lens in the eye becomes cloudy

We have a factsheet about cataracts

We also have a number of other Easy Read factsheets

For more information see our other Easy Read Factsheets

Go to: www.seeability.org/looking-after-your-eyes

If you have diabetes it is very important that you go to all your health appointments:

You will still need to go to the optician for a sight test at least every 2 years

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If you have diabetes you should:

• Eat the right foods

• Take your medicine

• Have a healthy lifestyle

Having your eyes tested is the only way to find out if diabetes is damaging your sight

Your eye doctor can also tell you about treatments to make your eyes better

Talk to your GP or optician if your sight changes or you are worried about your eyes

www.seeability.org

Reviewed: November 2017