



## 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. Take charge of your health by maintaining a healthy lifestyle and seeing your physician once a year.

### How it affects your vision

Anyone with diabetes is at risk for developing diabetic retinopathy. This potentially blinding condition causes swelling and blockage in 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 eye care professional to help prevent diabetic retinopathy.**

### Warning signs

See an eye care professional immediately if you experience difficulty reading, blurred vision, sudden loss of vision in one eye, or if you see dark spots, flashing lights, or rings around lights. Diabetic retinopathy can also 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 eye care professionals near you at [davisvision.com/locator](https://davisvision.com/locator) and schedule your eye exam today.