Diabetic eye disease is a group of eye problems that can occur as a result of high blood sugar levels over time. Left untreated, diabetic eye disease can lead to vision loss. Impaired vision can have an impact on the ability to work and do everyday tasks such as reading and driving, which can stifle independence and negatively affect quality of life. But here’s the good news: most cases of vision loss can be prevented. The first step is getting a retina eye exam every year.

Approximately 26 MILLION people (roughly 8% of the population) in the US have diabetes.

Diabetes is the LEADING CAUSE OF BLINDNESS among adults aged 20-74.

Over time diabetes (in particular, poorly-controlled diabetes) can DAMAGE BLOOD VESSELS causing leakage and swelling, and eventually VISION LOSS.

**DIABETIC MACULAR EDEMA (DME)**

89% INCREASE in diabetic eye disease since 2000.

DME prevalence is more than 3X HIGHER among AFRICAN AMERICANS with diabetes than non-Hispanic white.

Symptoms of DME include:

- **BLURRED VISION**
- **DOUBLE VISION**
- **PATCHES OF VISION LOSS**

It is estimated that MORE THAN HALF OF PEOPLE WITH DME (55%) DON’T EVEN KNOW THEY HAVE IT.

Visit a retina specialist annually for a dilated RETINA EYE EXAM. It’s the best way to help detect changes in vision.

Visit DIABETESEYECHECK.ORG for more information.