

Diabetes and your eyes



Diabetes factsheet



Version 1 - October 2011

SeeAbility Easy Read Factsheet

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/sharing-knowledge 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/sharing-knowledge



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.

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.

Designed by The Clear Communication People Ltd, email: mike@communicationpeople.co.uk. Some photosymbols used go to www.photosymbols.com



www.seeability.org