

Diabetes and your eyes

easy read fact sheet



Diabetes factsheet

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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

Diabetic Eye Screening

easy read fact sheet



What happens at a diabetic eye screening appointment

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



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



This special eye test is often called the NHS Diabetic Eye Screening Test

You will be sent a letter telling you when and where your appointment is



You should go to the appointment with someone you know

The appointment usually takes about 45 minutes



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



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- Sometimes your sight may become blurry, making it harder to see clearly

Eye doctors call this
Diabetic Maculopathy



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- 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

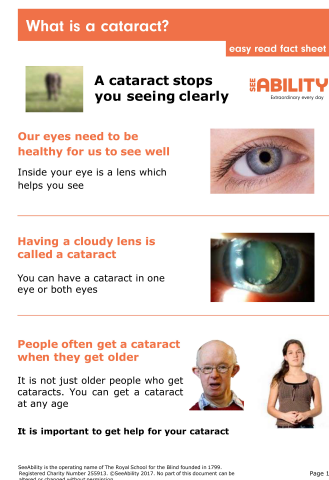


We have a factsheet about cataracts

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



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 photos used go to www.photosy.com



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