



Diabetes: Your Vision, Your Life

Take control of your wellness today with an annual eye exam!



Diabetes-related eye disease is the leading cause of blindness in working-age adults (20-74 years old). It occurs earlier and more often in younger adults especially in Black and Hispanic populations.

When should you have your first annual dilated eye exam?

Eye disease may develop after living with diabetes for several years.

TYPE 1:

3 to 5 years after diagnosis^{1,2}

TYPE 2:

at diagnosis or soon after^{1,2}

Then every year or as recommended by the eye doctor.



What is a dilated eye exam?

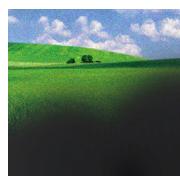
Dilation of the eyes is done using eye drops to widen the opening on the front of your eye, called the pupil. This allows the eye doctor to see into the back of the eye.

Symptoms to keep an eye on

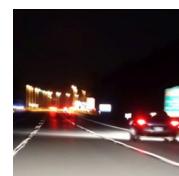
You might not notice any problems with your vision in the early stages of eye disease related to diabetes.



Sudden increase in eye floaters



Sudden missing or dark areas in your vision



Difficulty seeing at night



Blurred vision



Flashes of lights



Colors appear faded

5 Simple Ways to Protect Your Vision from Diabetes



Schedule your yearly dilated eye exam



Stay on top of your preventive care—especially blood glucose



Make movement fun



Explore healthy meal options



Avoid smoking



Unsure about how to find an eye doctor?

Learn more here! [Preventblindness.org/find-an-eye-doctor](https://www.preventblindness.org/find-an-eye-doctor)

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References:

1. Preferred Practice Pattern Retina/Vitreous Committee et al (2025). American Academy of Ophthalmology Diabetic Retinopathy Preferred Practice Pattern®. Ophthalmology, Volume 132, Issue 4, P75 - P162. [https://www.aoajournal.org/article/S0161-6420\(24\)00784-X/fulltext](https://www.aoajournal.org/article/S0161-6420(24)00784-X/fulltext).
2. American Diabetes Association Professional Practice Committee (2025). 14. Children and Adolescents: Standards of Care in Diabetes—2026. Diabetes Care 2026;49(Supplement_1):S297–S320. <https://doi.org/10.2337/dc26-S014>.