



**Prevent
Blindness**

Our Vision Is Vision.

Diabetes: Be Your Teen's Vision Hero!

If your teen has diabetes, it's important they have an annual eye exam!

When should your teen have their first annual dilated eye exam?

Eye disease may develop after living with diabetes for several years, especially in Black and Hispanic populations.



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

TYPE 2:
at diagnosis or
soon after²

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.



Make an eye exam appointment for your teen today!

It is important for parents of teens with diabetes to know eye disease is common with diabetes.



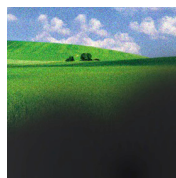
Unsure about how to
find an eye doctor?
[PreventBlindness.org/
find-an-eye-doctor](https://www.preventblindness.org/find-an-eye-doctor)

Talk to your teen about vision symptoms to keep an eye on

In the early stages of eye disease, your teen with diabetes may not experience vision symptoms. Their eye doctor may be able to detect early signs of eye problems during an eye exam.



**Sudden increase
in eye floaters**



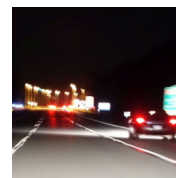
**Sudden
missing or
dark areas in
your vision**



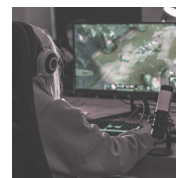
Blurred vision



**Flashes of
lights**



**Difficulty seeing
at night**

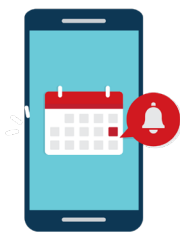


**Colors appear
faded**

5 Simple Ways to Protect Your Teen's Vision from Diabetes



**Schedule
annual dilated
eye exams**



**Stay on top
of preventive
care— especially
blood glucose**



**Make
movement
fun**



**Make healthy
meals as a
family**



**Be a good role
model— don't
smoke**

Talk to your teen

This can help smooth the transition from pediatric to adult health care. Let them share their ideas first and show your appreciation for their thoughts. Here are some examples:

When could you take the lead in managing your care?

If you have questions about your diabetes and eye care, who can you ask?



Do you think you know the steps to make an appointment?

When it comes to your diabetes care, what would you like to learn?

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References:

1. Jensen, E. T., Rigdon, J., Rezaei, K. A., Saaddine, J., Lundeen, E. A., Dabelea, D., ... & Lawrence, J. M. (2023). Prevalence, Progression, and Modifiable Risk Factors for Diabetic Retinopathy in Youth and Young Adults With Youth-Onset Type 1 and Type 2 Diabetes: The SEARCH for Diabetes in Youth Study. *Diabetes Care*, 46(6), 1252–1260. <https://doi.org/10.2337/dc22-2503>
2. Flaxel, C. J., Adelman, R. A., Bailey, S. T., Fawzi, A., Lim, J. I., Vemulakonda, G. A., & Ying, G. S. (2020). Diabetic Retinopathy Preferred Practice Pattern®. *Ophthalmology*, 127(1), P66–P145. <https://doi.org/10.1016/j.ophtha.2019.09.025>
3. American Diabetes Association Professional Practice Committee; 14. Children and Adolescents: Standards of Medical Care in Diabetes—2022. *Diabetes Care* 1 January 2022; 45 (Supplement_1): S208–S231. <https://doi.org/10.2337/dc22-S014>