



**Prevent
Blindness**
Our Vision Is Vision.

Information for young adults

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 after²

**Then every year or as recommended
by the eye doctor.**



What is a dilated eye exam?

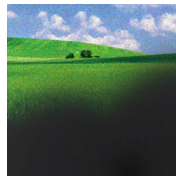
Dilation of the eyes is done using eye drops to widen the opening on the front of your eye, called the pupil. This allows the eye doctor to see into the back of the eye.

Symptoms to keep an eye on

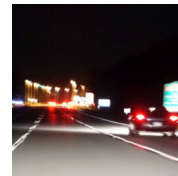
You might not notice any problems with your vision in the early stages of eye disease related to diabetes.



**Sudden increase
in eye floaters**



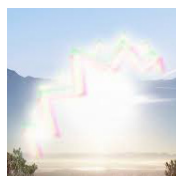
**Sudden
missing or
dark areas in
your vision**



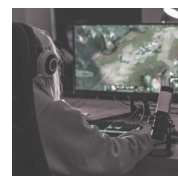
**Difficulty seeing
at night**



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. 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>
2. 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>
3. *Diabetes statistics - NIDDK* (2024) *National Institute of Diabetes and Digestive and Kidney Diseases*. Available at: <https://www.niddk.nih.gov/health-information/health-statistics/diabetes-statistics#factsstats> (Accessed: 03 April 2025).

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