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Prevent Blindness Provides Free Resources to Help Save Sight from Diabetes as Part of November's Diabetes-related Eye Disease Month

- Prevent Blindness offers user-friendly tips, resources to educate the public on the effect of diabetes on vision -

CHICAGO (Oct. 28, 2026) – [Prevent Blindness](#), the nation's leading patient advocacy organization dedicated to preventing blindness and preserving sight, is offering a variety of resources to the public as part of its Diabetes-related Eye Disease Month in November. According to the most recent "[National Diabetes Statistics Report](#)" from the Centers for Disease Control and Prevention (CDC), 40.1 million, or approximately 12 percent of the U.S. population has diabetes. And an estimated 115.2 million U.S. adults over 18 years of age have prediabetes.

The longer someone has diabetes, the higher their risk is of vision loss and blindness. Early detection and treatment can help to prevent significant vision impairment. It is recommended that people with diabetes receive annual eye exams. However, the [CDC](#) states that 60 percent of people with diabetes do not get annual eye exams.

"Vision loss from diabetes is not inevitable, but protecting sight requires awareness, access to care, and early action," said Jeff Todd, president and CEO of Prevent Blindness. "We want everyone living with diabetes to understand their risks, recognize the importance of annual eye exams, and know that resources are available to help them protect their vision."

Two common complications of diabetes that can threaten vision are:

- [Diabetic retinopathy](#) occurs when small blood vessels leak and bleed in the retina. The retina is like the sensor in a digital camera. It takes in light and sends signals to the brain, which turns them into the images we see. Diabetic retinopathy is a leading cause of blindness in working-age American adults, and it affects more than one in four of those living with diabetes.
- [Diabetic macular edema](#) is a swelling that can occur with retinopathy. It occurs when the small blood vessels in the center of the retina, called the macula, become leaky and cause the retina to swell. It can cause vision to become blurry.

Additionally, according to the [American Academy of Ophthalmology](#), having diabetes doubles the chance of developing glaucoma. And excess blood sugar from diabetes can cause cataracts.

Prevent Blindness offers free educational resources and support to people with diabetes, their care partners, and allied health professionals. Expert-approved [webpages](#), fact sheets and social media graphics in English and Spanish, and a variety of informational videos, featuring diabetes and vision health experts and patient testimonials, are designed to empower people with diabetes to take charge of their eye health and take steps to save their vision.

The [Prevent Blindness Eye Health Audio Library](#) provides free confidential diabetes-related eye health information by calling 1-833-998-5850. Offered in English and Spanish, the service is available anytime. Navigate by voice, listen to short audio segments, and request a text summary with weblinks on topics such as support for those newly diagnosed with diabetes, what to expect at an eye exam appointment, guidance on how to manage the condition and prevent vision loss, and more. The Eye Health Audio Library is supported by funding from [Regeneron](#) and [Genentech](#).

In the video “[Prevent Blindness Eye Health Audio Library](#),” offered in English and [Spanish](#), Ricardo Cruz, research scientist, leads a step-by-step demonstration on how patients and care partners can use the resource. Program partners are invited to help promote the Eye Health Audio Library with [a downloadable toolkit](#).

On the November episode of the [Prevent Blindness Focus on Eye Health Podcast](#), Sonalika Khachikian, MD, a board-certified endocrinologist at Monument Health, shares vital insights about conditions like diabetes, Graves' disease and thyroid eye disease, and their significant effects on vision.

The Prevent Blindness [Diabetes-related Eye Disease YouTube playlist](#) offers a growing list of videos to help individuals living with diabetes learn about taking care of their vision and eye health. Video topics range from patient stories to expert presentations to tips for living with diabetes-related eye disease.

For healthcare professionals, community health and/or diabetes educators, and public health coordinators, the [Prevent Blindness Diabetes & the Eyes Educational Toolkit](#) is designed to educate individuals living with diabetes as well as populations at highest risk for developing diabetes. Free for download by request, the Diabetes & the Eyes Educator Course includes a PowerPoint presentation, script, pre- and post-tests, and a course evaluation form. The Prevent Blindness Diabetes & the Eyes Educational Toolkit is supported by funding from Regeneron and [VSP Vision](#).

For general diabetes-related eye disease information, please visit <http://preventblindness.org/diabetes>. For more information on Prevent Blindness Eye Health Audio Library, visit <https://preventblindness.org/audio-library>

Finally, for a free listing of organizations and services that provide financial assistance for vision care in English or Spanish, please visit <https://preventblindness.org/vision-care-financial-assistance-information/>.

About Prevent Blindness

Founded in 1908, Prevent Blindness is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening and training, community and patient service programs and research. These services are made possible through the generous support of the American public. Together with a network of affiliates, Prevent Blindness is committed to eliminating preventable blindness in America. For more information, visit us at PreventBlindness.org, and follow us on [Facebook](#), [X](#), [Instagram](#), [LinkedIn](#), [TikTok](#), and [YouTube](#).

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