



How much do you know about diabetes and eye disease?

The statements and answers about eye disease and people with diabetes are from the National Institutes of Health. Rate each of these ten statements as true or false before you read the answer. Learn what you can do to protect your eyes and vision.

Eye-Q Quiz

	True	False
1. People with diabetes are more likely than people without diabetes to develop certain eye diseases.	<input type="checkbox"/>	<input type="checkbox"/>
2. Diabetic eye disease usually has early warning signs.	<input type="checkbox"/>	<input type="checkbox"/>
3. People with diabetes should have annual eye exams.	<input type="checkbox"/>	<input type="checkbox"/>
4. Diabetic retinopathy is caused by changes in blood vessels in the eye.	<input type="checkbox"/>	<input type="checkbox"/>
5. Laser surgery can be used to halt the progression of diabetic retinopathy.	<input type="checkbox"/>	<input type="checkbox"/>
6. It is not necessary to have pupils dilated at an eye examination.	<input type="checkbox"/>	<input type="checkbox"/>
7. People with diabetes are at low risk of developing glaucoma.	<input type="checkbox"/>	<input type="checkbox"/>
8. Cataracts are common among people with diabetes.	<input type="checkbox"/>	<input type="checkbox"/>
9. People who have good diabetes control are not at high risk for diabetic eye disease.	<input type="checkbox"/>	<input type="checkbox"/>
10. The risk of blindness from diabetic eye disease can be reduced.	<input type="checkbox"/>	<input type="checkbox"/>

Answers to the Eye-Q Quiz

- 1. True.** Diabetic eye disease includes diabetic retinopathy, cataract, and glaucoma. Retinopathy is a leading cause of blindness in adults. The longer someone has diabetes, the more likely he or she will develop diabetic eye disease.
- 2. False.** Often there are no warning signs in the early stages of the disease. Vision may not change until the disease becomes severe.
- 3. True.** Everyone with diabetes should get an eye exam through dilated pupils at least once a year. Because diabetic eye disease usually has no symptoms, regular eye exams are important for early detection and timely treatment.
- 4. True.** In some people, blood vessels in the retina may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina.
- 5. True.** In laser surgery, a special beam of light is used to shrink the abnormal blood vessels or seal leaking blood vessels. Laser surgery has been proved to reduce the five-year risk of vision loss from advanced diabetic retinopathy by more than 90 percent.
- 6. False.** An eye examination through dilated pupils is the best way to detect diabetic eye disease. This allows the eye care professional to see more of the inside of the eye to check for signs of the disease.
- 7. False.** Glaucoma is almost twice as likely to occur in people with diabetes as it is in those without the disease. Glaucoma can usually be treated with medications or laser or other surgery.
- 8. True.** People with diabetes are twice as likely to develop cataracts, and to develop them at an earlier age, than are those without diabetes. Cataracts can usually be treated with surgery.
- 9. False.** Even with good control of blood glucose, there is still a risk of developing diabetic eye disease. However, studies show that careful management of blood sugar levels slows the onset and progression of diabetic retinopathy.
- 10. True.** With early detection and timely treatment, the risk of blindness from diabetic eye disease may be reduced.

Following are visual examples and simple definitions for the kinds of eye diseases people with diabetes may develop. They may develop any or all of these conditions:

- **Retinopathy:** damage to the blood vessels in the retina



- **Cataract:** a clouding the eye's lens



- **Glaucoma:** an increase in fluid pressure in the eye that leads to optic nerve damage and loss of vision



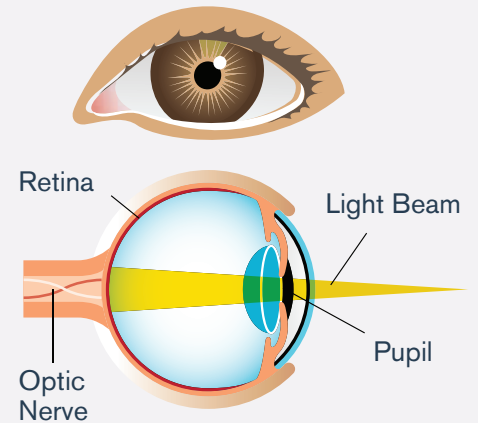
Take the following vital steps to protect your vision:

1. Have a complete dilated retinal eye exam each year so your eye doctor can look at the backs of your eyes for changes (see diagram at right). If you already have an eye disease, you may need exams more often throughout the year.
2. If you have not had a complete dilated eye exam in the past year, talk to your doctor. A complete eye exam also includes a vision test and a pressure measurement.
3. Keep your blood sugar, blood pressure and cholesterol levels as close to normal as possible. You and your doctor will determine your individual target levels.
4. If you smoke, find a way to quit.
5. Contact your eye doctor if you notice you have blurry vision, feel pressure in your eyes, see double, spots or floaters, your eyes hurt, straight lines don't look straight, or if your eyes are red and stay that way.

Remember, taking care of your eyes is an important part of taking care of your diabetes. The earlier problems are identified, the more successful treatments can be.

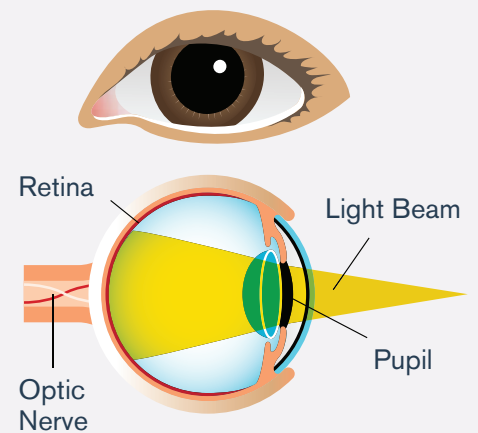
For more information visit the National Eye Institute, nei.nih.gov

Undilated pupil



Portion of retina that can be seen through undilated pupil

Dilated pupil



Portion of retina that can be seen through dilated pupil

SOURCE: Centers for Disease Control and Prevention, 2012.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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