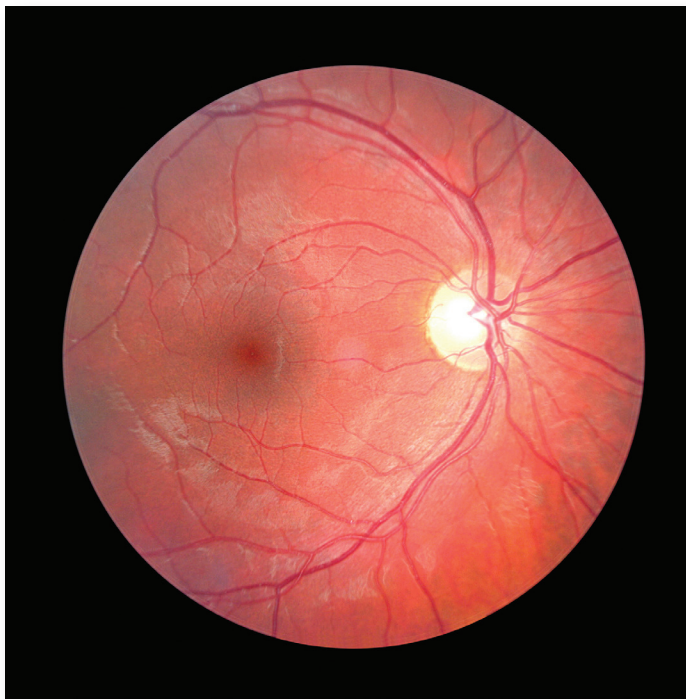




BONUS ARTICLE

Have diabetes? Here's why an eye exam is critical

Getting a regular eye exam is especially important if you have diabetes, as diabetes can cause a complication that brings blindness if it's not detected soon enough.



A person with diabetes is at risk for diabetic retinopathy, the leading cause of new cases of adult blindness.

Diabetic retinopathy occurs when high blood sugar levels harm blood vessels in the retina, the lining in the back of the eye that is sensitive to light. It might cause blood vessels to:

- Swell and leak,
- Close up and stop blood from passing through, and
- Grow abnormally on the retina.

This eye damage can lead to scarring that ultimately results in vision loss.

This serious outcome can be prevented with early detection and treatment. The Centers for Disease Control and Prevention (CDC) notes that blindness can be prevented or delayed in 90 percent of people with diabetes if it's found and treated early.

There are often no symptoms in the early stages of the disease, which is why it's so important for people with diabetes to see their eye doctor each year. Signs of the disease can be spotted during an exam, and treatment can be recommended. ♦