

# Keep Your Sight

## Get your eyes checked

Contact

Phone

Email

### Who can assist you?

- Aboriginal Community Controlled Health Service
- Aboriginal Health Worker
- Optometrist
- Diabetes worker
- Doctor

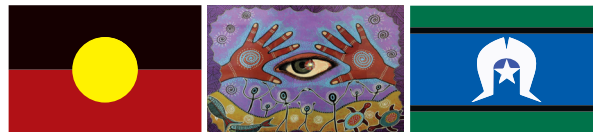
### You are eligible for:

- low-cost, subsidised glasses if needed
- a Medicare rebate for most optometry services.

### Just ask!

### For more information visit

[www.vaccho.org.au/wd/eh](http://www.vaccho.org.au/wd/eh)



Artwork: Lyn Briggs 1998



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# Patchy vision?

## Diabetes and your eyes

(Diabetic retinopathy)



## What is patchy vision? (Diabetic retinopathy)

It's an eye disease caused by diabetes including Type 1 and Type 2. It affects the small blood vessels in the back of the eye which can lead to vision loss or blindness.

**98% of severe loss of vision from diabetes can be avoided if caught early.**

## What are the symptoms?

- Problems may not be noticed until the condition is serious.
- Your vision may become hazy or blurred.
- Objects or patches may seem to float in front of your eyes.
- Straight lines may appear distorted or have parts missing.
- Everyday activities like reading, writing, watching TV and driving may become harder.

## Who is at risk?

- Everyone living with diabetes is at risk.
- Aboriginal people are 14 times more likely to develop the condition than non-Aboriginal people.
- People who have had diabetes for a long time, uncontrolled diabetes and those who have high blood sugar, high blood pressure and high cholesterol.
- Women with diabetes who are pregnant.



This image shows an example of how diabetic retinopathy may affect vision.

## What can be done?

- If you're diagnosed with diabetes you should have an eye check immediately and every year after that.
- All eye checks should include a check of the back of the eye.
- An eye check can detect early signs of any damage to the back of the eye before vision is affected.
- Get your eyes checked immediately if you notice a change in your vision.
- Maintain healthy blood sugar, cholesterol and blood pressure levels.

**If you've got diabetes have an eye check once a year to keep your eyes healthy.**