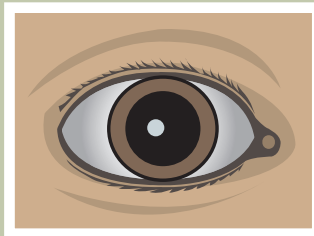


Diabetic Eye Disease

AN EDUCATOR'S GUIDE



Diabetic Eye Disease: An Educator's Guide, developed by the National Eye Health Education Program (NEHEP), is a patient education tool for health professionals and community-based educators who work with people who have diabetes. A Spanish version, *Enfermedad Diabética del Ojo: Una guía para el educador*, is also available.

The National Eye Institute (NEI) conducts and supports research that leads to sight-saving treatments and plays a key role in reducing visual impairment and blindness. The NEI is part of the National Institutes of Health (NIH), an agency of the U.S. Department of Health and Human Services.

For more information about the NEI, contact:

National Eye Institute
National Institutes of Health
2020 Vision Place
Bethesda, MD 20892-3655
Telephone: 301-496-5248
E-mail: 2020@nei.nih.gov
Website: www.nei.nih.gov

Introduction

Diabetes is a leading cause of blindness among working-age adults in the United States. Yet with early detection and timely treatment, diabetic eye disease can be controlled. The key is to get a dilated eye exam at least once a year. By advising people with diabetes to get a dilated eye exam, you can help reduce their risk of vision loss and blindness.

How To Use This Guide

Diabetic Eye Disease: An Educator's Guide is a desktop flipchart that has text to guide your discussion and illustrations for you to show to your patients. Use the back cover to set up an easel for the chart.

Ask When the Patient Last Had an Eye Examination

Ask if the patient has had an exam recently. If the patient has not had an eye exam during the last year, find out why. You may be able to help.

Give Referral Information

If patients do not have a regular source of eye care, providing a list of local eye care professionals will help patients take the next step—making an appointment for a dilated eye exam.

Financial Aid for Eye Care

Many state and national resources regularly provide aid to people with vision problems. If a patient is in need of financial aid to assess or treat an eye problem, please see the list of programs provided on the NEI Website at www.nei.nih.gov/health/financialaid.asp.

Take care of your vision.

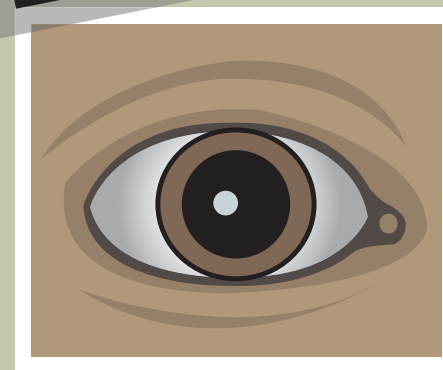
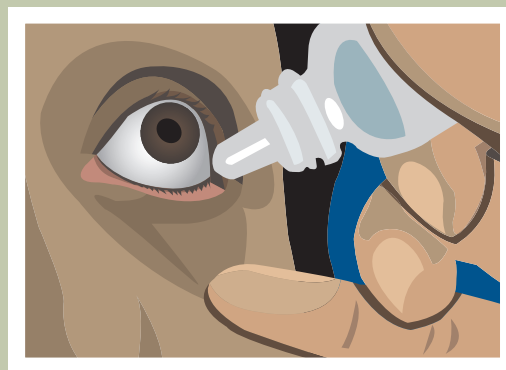
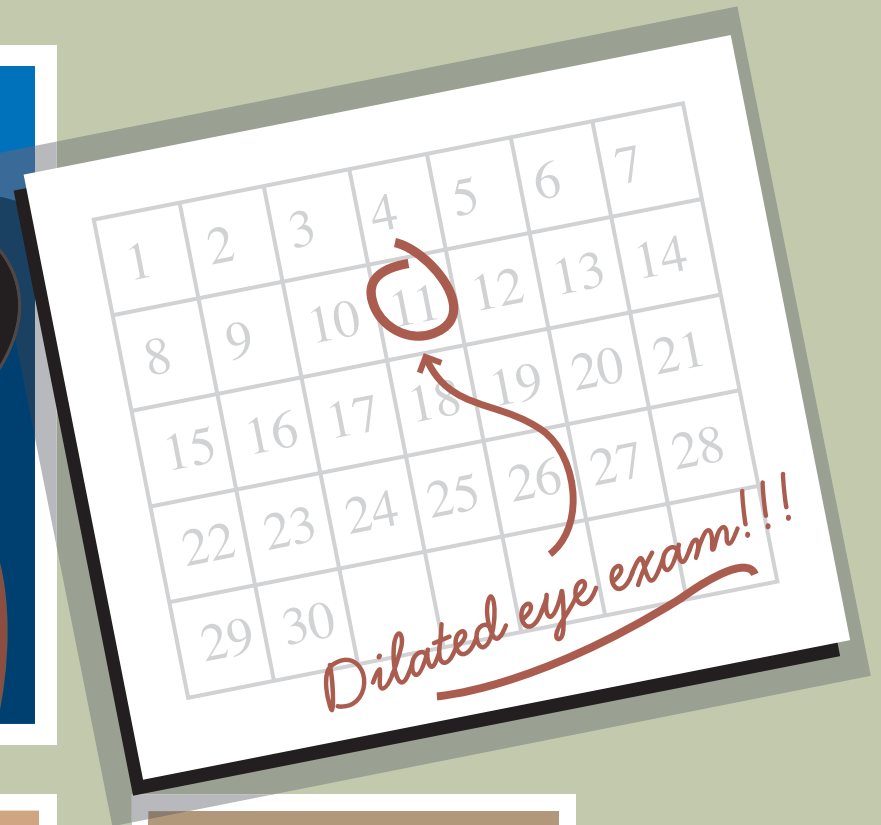
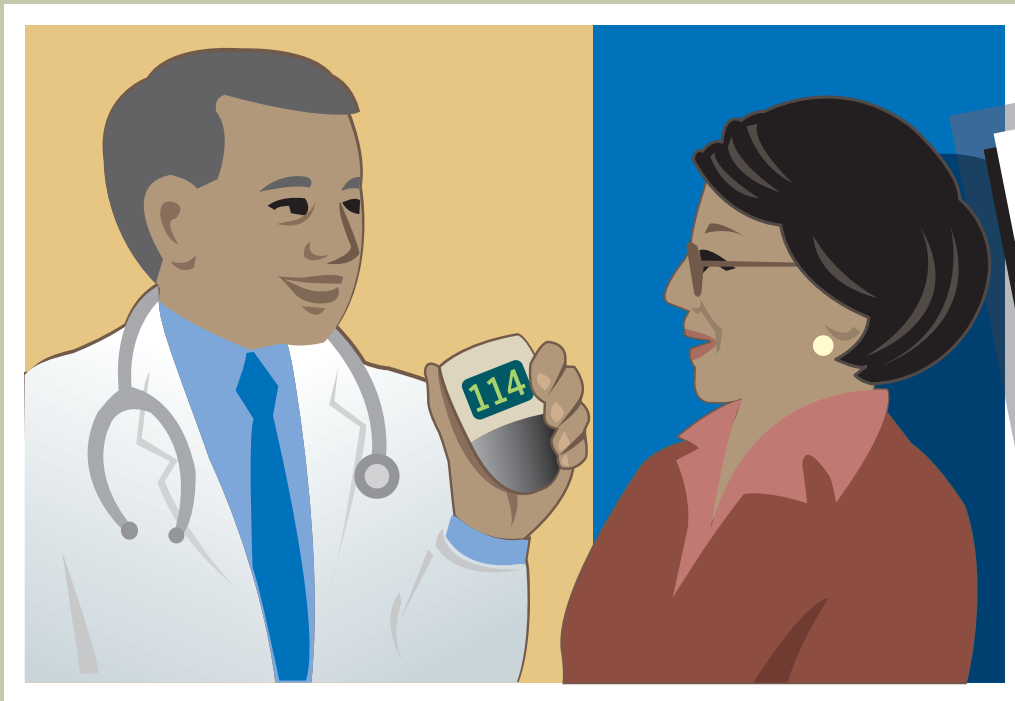


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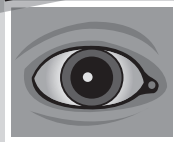
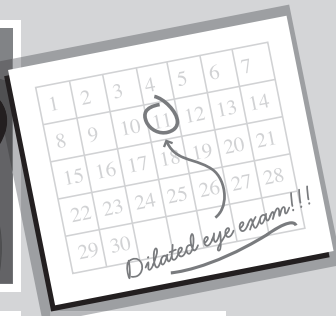
Vision is an important part of your everyday life. If you have diabetes, you need to take special care to protect your vision from diabetic eye disease.

People with diabetes need to know...



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- You are at risk for developing diabetic eye disease, especially diabetic retinopathy, which can cause vision loss—even blindness.
- Getting a dilated eye exam at least once a year is important in finding and treating diabetic eye disease early.
- It is important to talk with your doctor about diabetes self-care.

