

DILATED EYE EXAM

When you have diabetes, high blood sugar levels can damage the blood vessels in the retina (nerve layer at the back of your eyes). Retina damage happens slowly and at first you may not notice any changes. That is why it's important to have a dilated eye exam once a year even if you're not having problems. A dilated eye examination in which the doctor puts drops in your eyes to dilate your pupils is the only way to see changes in your retina and to treat them before they get worse. A dilated eye examination is different than a refractive examination, which is used to measure problems with your vision.

Changes that you may see are floating spots or almost total darkness. If you have a sudden change in your vision you need to let an eye doctor know right away.

To prevent diabetes retina problems:

- Keep your blood sugar as close to normal as you can.
- Keep your blood pressure as close to normal as you can. High blood pressure can also hurt your eyes and make the problem worse.

An Ophthalmologist is a Medical Doctor who can examine your eyes. In order to find an eye doctor in your preferred provider network you can call TML IEBP's Member Service Team at (800) 282-5385.

More information is available at:

National Diabetes Information Clearinghouse
1 Information Way
Bethesda, MD 20892-3560
Phone: (800) 860-8747
www.diabetes.niddk.nih.gov

National Diabetes Education Program
One Diabetes Way
Bethesda, MD 20814-9692
Phone: (800) 438-5383
www.ndep.nih.gov

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
Phone: (800) 343-2383
www.diabetes.org

Source: American Diabetes Association

HEALTHY INITIATIVES

TML IEBP Medical Management, PO Box 141039, Austin, Texas 78714-1039
(512) 719-6571 (800) 847-1213 Fax: (512) 719-658