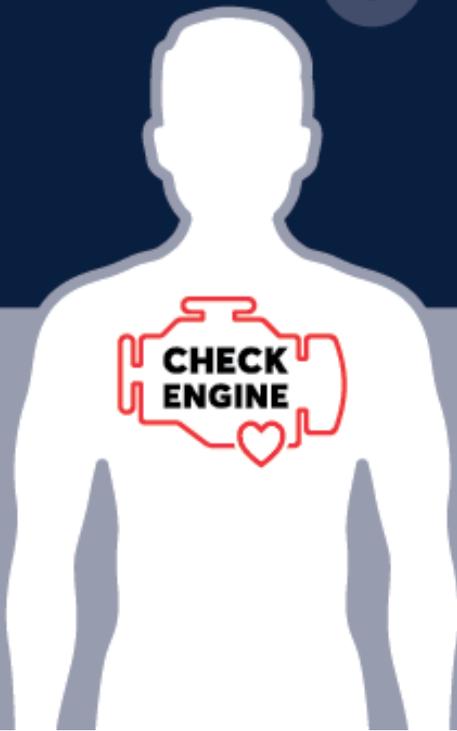


THE DIABETES GARAGE®



Diabetes & Eye Disease

Is Your Vision Shattering Like a Windshield?

Diabetes & Eye Disease



- Your eyes are an incredible thing
- Like windshields, wipers, or headlights, your eyes help you to see to drive safely
- Would you ignore a cracked windshield?



Eye Parts Affected by Diabetes

- Retina is the inner lining at the back of the eye and senses light
- Lenses- clear structure that help provide sharp vision
- Optic nerve- a nerve at the back of the eye that transfers visual information to the brain

WARNING! SIGNS OF VISION PROBLEMS
<ul style="list-style-type: none"> ■ Blurry or wavy vision ■ Frequently changing vision, sometimes from day to day ■ Seeing dark areas or vision loss ■ Poor color vision ■ Spots or dark strings (also called floaters) ■ Flashes of lights

Source: National Eye Institute & Centers for Disease Control & Prevention

Types of Eye Problems

- Diabetic retinopathy: When blood vessels in the retina become damaged
 - In later stages, blood vessels bleed which can cause you to see dark, floating spots or streaks that look like cobwebs
- Glaucoma: A group of eye disease that can damage the optic nerve
 - In later stages, you may start losing your side vision
- Diabetic macular edema: When blood vessels in the retina leak fluid and causes vision to become blurry
- Cataracts: When the lenses in the eye become cloudy
- Retinal detachment: When scars cause the retina to pull away from the back of the eye

Ways to Keep Eyes Healthy

- Like you have annual inspections for your car, it is important to have annual inspections for your eyes to make sure no damage is occurring to your retina
- Damage to blood vessels can lead to vision problems. Avoid damage by not smoking and keeping blood sugar levels in your target range
- Wear sunglasses to protect eyes from sunray damage
- Wear protective eyewear when doing construction work, home repairs, or playing sports to avoid injuries to the eye

Make a Pit Stop at The Diabetes Garage® to learn more

Register online at diabetesgarage.org or call us at
 El Paso (915) 747-8377
 Harlingen (956) 230-5144
 San Antonio (210) 562-5584
 or email us at diabetesgarage@utep.edu

Is This Research?

The Diabetes Garage® is a diabetes self-management intervention research study designed to increase men's participation in diabetes education programs, men's diabetes knowledge, improve self care behaviors and health outcomes. An evaluation is being conducted to understand how to better engage men in diabetes self-care.

Connect with us

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Presented by

The University of Texas at El Paso



Approved by The University of Texas at El Paso Institutional Review Board [#1477548-1]