Diabetic Eye Disease Educational Resources
United States-México Border Health Commission
2011 Border Binational Health Week
Border Wide Teleconference Call
March 24, 2011
THE DILATED EYE EXAM

A dilated eye exam allows an eye care professional to see more detail of your eyes to check for any eye disease.

DON'T WAIT FOR SYMPTOMS TO SEE AN EYE CARE PROFESSIONAL.

DIABETES AND GLAUCOMA

At first, glaucoma has no symptoms and, if left untreated, vision loss or blindness can occur.

Glaucoma is a group of diseases that can damage the optic nerve and result in vision loss and blindness.

NORMAL VISION.

SAME SCENE VIEWED BY A PERSON WITH GLAUCOMA.
Other Content

- Participant handouts
- Pre and post-tests
- Publications order form
- Evaluation form
- CD-ROM
Watch out for your vision! Booklet
Other Diabetic Eye Disease Materials
Diabetic Eye Disease Website

Information for Healthy Vision

Get a dilated eye exam and keep your health on TRACK.

Diabetic Eye Disease

Diabetic eye disease has no warning signs. Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. If you have diabetes, make sure you get a dilated eye examination at least once a year.

Staying on TRACK
Think of all the beautiful things you wouldn’t see if you lost your sight. If you have diabetes, get a dilated eye exam and keep your health on TRACK.

Diabetic Eye Disease FAQ
By taking good care of yourself through diet, exercise, and special medications, you can control diabetes. And diabetic eye disease, a complication of diabetes, can be treated before vision loss occurs.

Related Topics
- How Much Do You Know?
- What You Should Know
- Protecting Your Vision
- Staying on TRACK
- Diabetic Eye Disease

FAQs
- Watch out for your vision!
- Glossary
- Resources
- Español

Resources
- What is a comprehensive dilated eye exam?
- Find an eyecare professional
- Talking to your doctor
- Financial aid for eye care

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Diabetic Eye Disease: A Self-Guided Module

View this module and educate yourself, family, and friends about diabetic eye disease. This module includes descriptive audio and captioning.
E-Cards and E-Card Banners

Ayúdala a cuidar su visión.

Diabetic eye disease doesn’t have to catch you off guard.

Tú cuidas de él...

You can help prevent vision loss from diabetes.
Other Eye Health Resources

• General eye health
• Glaucoma
• Low vision
• Vision and aging
• Sports eye safety
• Occupational eye safety
Order Eye Health Publications

- To download and order the *Diabetes and Healthy Eyes* Toolkit, please visit: [www.nei.nih.gov/diabetestoolkit](http://www.nei.nih.gov/diabetestoolkit)

- To order eye health publications in English and Spanish, please visit: [http://catalog.nei.nih.gov/](http://catalog.nei.nih.gov/)

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