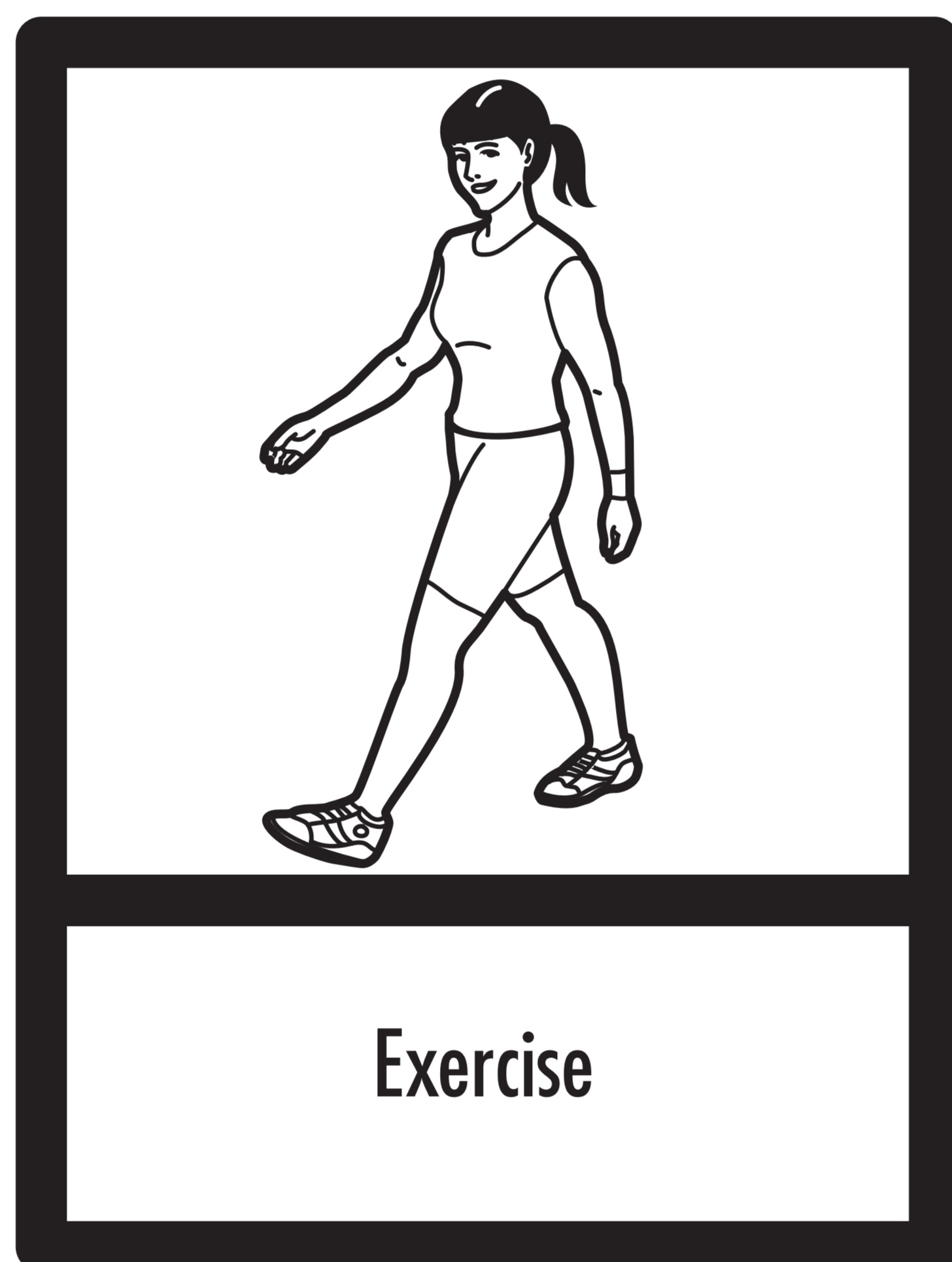
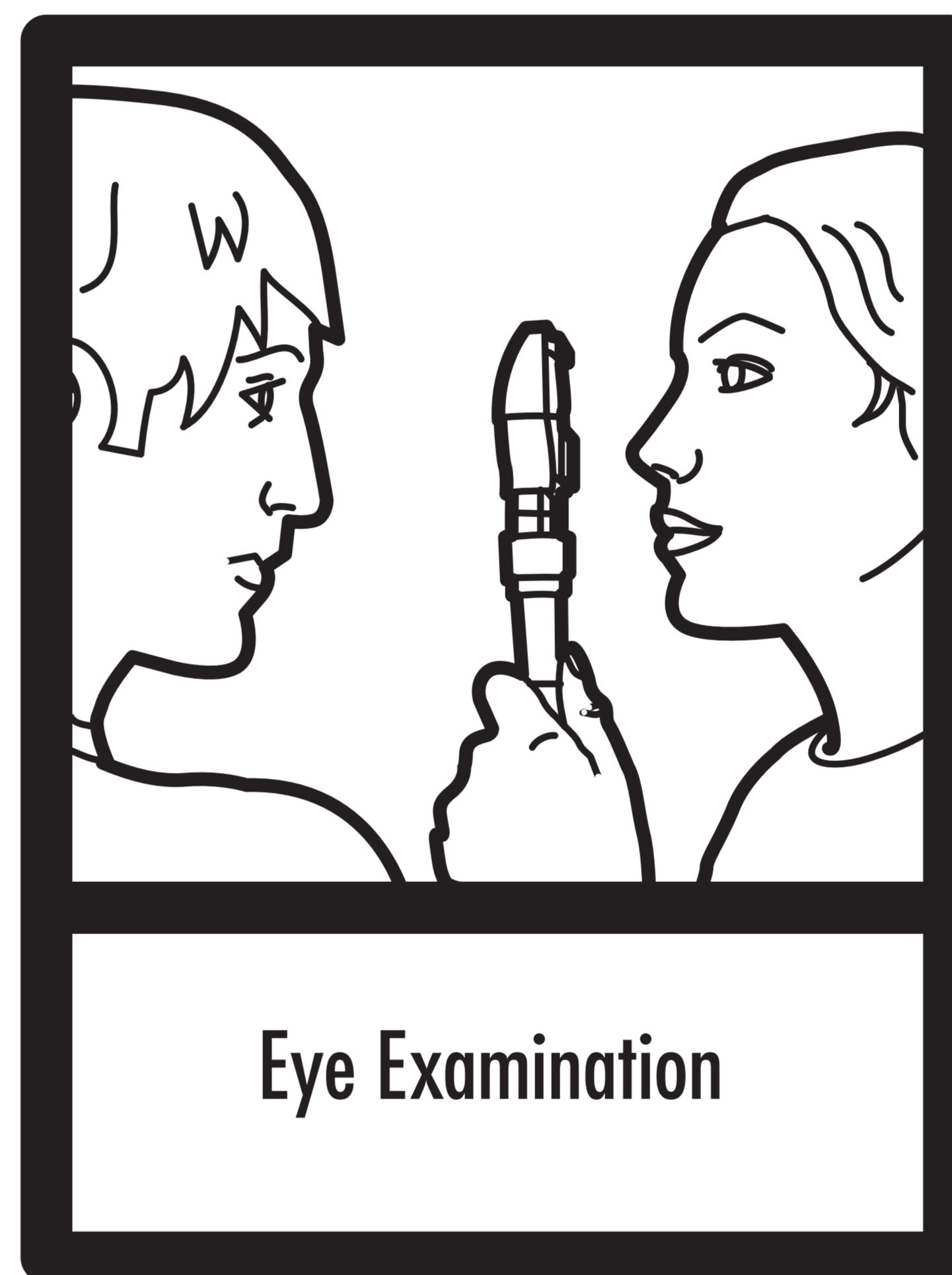


People with diabetes are more likely to have vision problems. High blood sugars may cause blurry vision. You can reduce the risk!



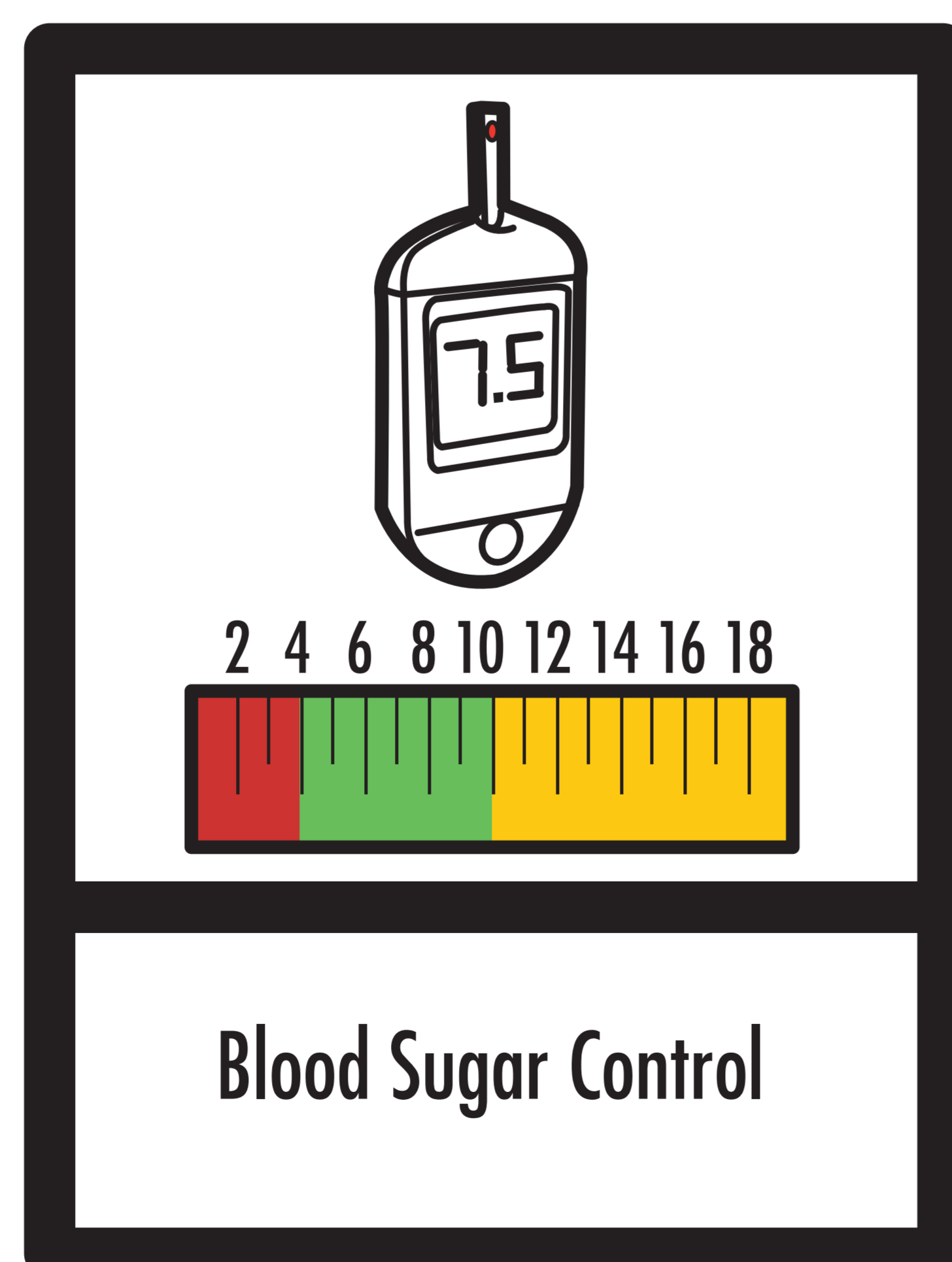
Exercise

- ↓ Risk of retinal disease \*
- Avoid high impact activities if you have severe retinal disease



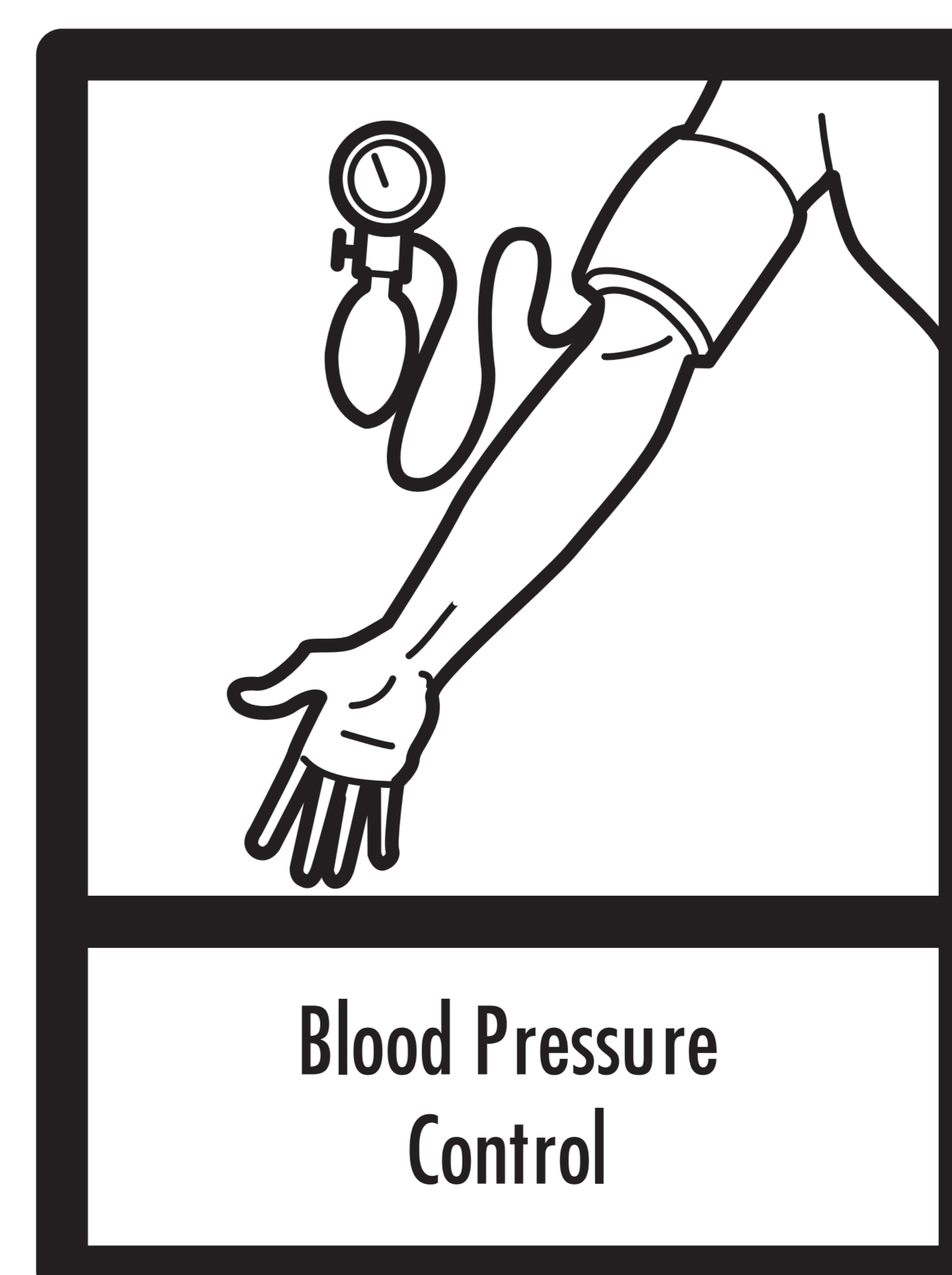
Eye Examination

- Yearly examination



Blood Sugar Control

- ↓ Risk of cataracts & retinal disease



Blood Pressure Control

- ↓ Progression of retinal disease
- ↓ Vision deterioration

\* Information updated according to the Canadian Diabetes Guidelines 2013