

Diabetes and Your Health

Eye exams for people with diabetes

Have your eyes checked every year if you:

- *Have had Type 1 diabetes for five years or longer*
- *Have Type 2 diabetes*
- *Have diabetes and are pregnant or are planning to become pregnant*
- *Have lost your sight from diabetic eye disease (you still need to have regular eye care)*

It's best to choose an eye doctor who cares for people with diabetes.



For more information, contact:

SoonerCare Health Management Program
405-522-7650 (OKC area)
877-252-6002 (Toll-free)

Problems caused by diabetes

Diabetes can slowly damage the blood vessels in your eyes, feet, kidneys and heart. This could lead to blindness, amputation, kidney failure and heart disease. Controlling your blood sugar and cholesterol can help prevent these complications.

Protect your vision

People with diabetes should have regular eye exams, even if they can see well. Yearly eye exams and taking care of your diabetes are the best ways to prevent eye problems.

Protect your feet

Nerve damage can cause loss of feeling in your feet. To keep feet healthy:

- Ask your doctor to check your feet at every visit and how to care for your feet.
- Check your feet each day for cuts, sores or blisters. Call your doctor if you have these on your feet.
- Wash your feet daily. Dry them carefully, especially between the toes.
- Rub lotion or cream on the tops and bottoms of your feet, but not between the toes. Ask your doctor what kind of lotion to use.
- Do not soak your feet. Soaking can cause dry skin and small cuts or cracks that can get infected.
- Wear comfortable shoes with clean, dry socks.
- Wear slippers inside. Do not go barefoot.

