

# Diabetes and your eyes

easy read fact sheet



## Diabetes factsheet

**SEE ABILITY**  
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**People with Diabetes may have problems with their eyes.**



It is important your eyes are tested every year to check for problems



**There is a special eye test for people with diabetes**

This is often called the NHS Diabetic Eye Screening Test



**We have a factsheet about the NHS Diabetic Eye Screening Test**

Go to [www.seeability.org/looking-after-your-eyes](http://www.seeability.org/looking-after-your-eyes) to see this, and other Easy Read Factsheets we have designed



## Diabetes makes changes to the inside of your eyes:

- Sometimes your sight doesn't change and you can still see clearly

Eye doctors call this  
Background Diabetic  
Retinopathy



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- Sometimes your sight may become blurry, making it harder to see clearly

Eye doctors call this  
Diabetic Maculopathy



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- Your sight can suddenly get worse and become patchy. You will not be able to see parts of what you look at

Eye doctors call this  
Proliferative Diabetic  
Retinopathy



## People with diabetes may also have cataracts

A cataract is when the lens in the eye becomes cloudy



## We have a factsheet about cataracts

We also have a number of other Easy Read factsheets

For more information see our other Easy Read Factsheets

Go to: [www.seeability.org/looking-after-your-eyes](http://www.seeability.org/looking-after-your-eyes)



If you have diabetes it is very important that you go to all your health appointments:



You will still need to go to the optician for a sight test at least every 2 years



## If you have diabetes you should:

- Eat the right foods



- Take your medicine



- Have a healthy lifestyle



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## Having your eyes tested is the only way to find out if diabetes is damaging your sight

Your eye doctor can also tell you about treatments to make your eyes better



Talk to your GP or optician if your sight changes or you are worried about your eyes

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