

## Eye care and diabetes

	Diabetes can affect your eyesight and cause blindness.
ALO P R U E Z C B G D V N X E 0 · A J	You will be invited to get your eyes checked. It is very important you go.
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	<ul> <li>Stopping your blood sugars from getting too high will protect your eyesight. Remember to:</li> <li>Take your medication</li> <li>Eat healthy foods</li> <li>Move more</li> </ul>