

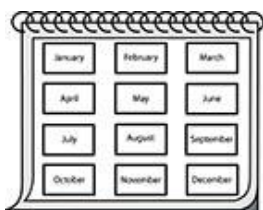
Eye care and diabetes



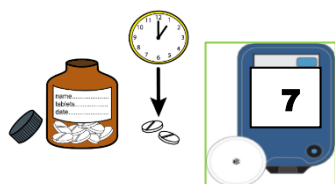
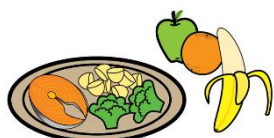
Diabetes can affect your eyesight and cause blindness.



You will be invited to get your eyes checked. It is very important you go.



You need your eyes checked every year or sooner if you have problems.



Stopping your blood sugars from getting too high will protect your eyesight. Remember to:

- Take your medication
- Eat healthy foods
- Move more