Eye Health: What You Should Know if You Have Diabetes

Diabetes Sisters Talk
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Diabetes is a Worldwide Problem

Figure 1. Number of People with Diabetes by Region, 2013

US Prevalence of Diabetes

Figure 3. Percentage of U.S. Adults Aged ≥20 Years with Diagnosed Diabetes, by County, 2008

Age-adjusted percentage
- 0%–6.3%
- 6.4%–7.5%
- 7.6%–8.8%
- 8.9%–10.5%
- ≥10.6%

Data were age adjusted. See Technical Notes for more details.
Eye Anatomy: Like a Camera

Diabetes Can Cause Permanent Blindness by Affecting the Retina

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Diabetes is a metabolic problem that leads to high sugar or hyperglycemia in the blood vessels and body tissue.

You have Diabetes when there is too much sugar in your blood.
Normal Glucose Regulation Requires Insulin

Insulin enters bloodstream

Glucose enters bloodstream

Insulin binds to cell

Glucose enters cell and is used for energy
Diabetes: Insulin Dependent & Insulin Resistance

Glucose enters bloodstream from digestive system and liver.

Unhealthy amount of glucose circulates in bloodstream.
Diabetes worsens when you have unhealthy habits

For example:

If you eat too much sugar and salt

If you do not exercise

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WHY?

Blood sugar

Blood pressure

Cholesterol
Know your levels!

The ABCs of Diabetes
HbA1c

High levels of glucose (hyperglycemia)

The level of sugar in the blood
It tells you how well you have controlled your Diabetes