

# Diabetes and Your Eyes

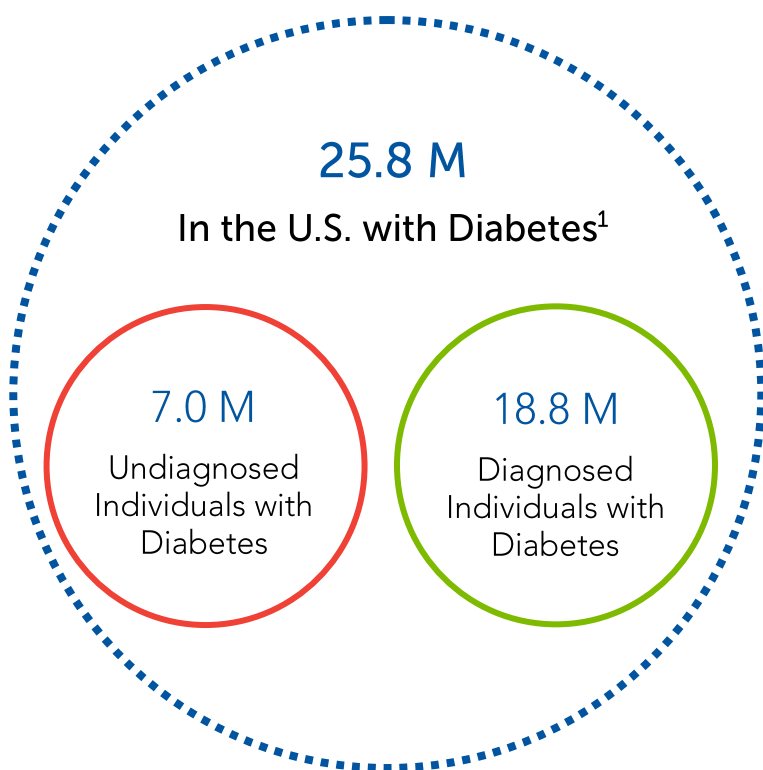
## Your Vision, Your Health

Diabetes can cause a variety of health problems, including blindness. In fact, diabetes-related eye complications are quite common.

Did you know that diabetes is the leading cause of new cases of blindness among adults in the United States?<sup>1</sup>

## The Silent Thief of Sight

Diabetes is frequently referred to as the Silent Thief of Sight because there are often no symptoms in the early stages of diabetic eye disease. Vision may seem unchanged until the disease becomes severe, but even in more advanced cases the disease may progress without symptoms for a long time.



## Take Charge

Getting a comprehensive eye exam—covered in full with your vision benefits—can lead to an early diagnosis of diabetes and an opportunity to save your sight.

You can also take control of your diabetes by eating a healthy, balanced diet, exercising, working closely with your health care provider, and taking special prescribed medications.

## Prioritize

Make your eye health a priority and schedule an annual comprehensive eye exam.

Locate an in-network Superior Vision eye care provider at [SuperiorVision.com](http://SuperiorVision.com)

<sup>1</sup> Center for Disease Control 2011