



ANDREA V. GRAY, MD, PC  
2569 NW EDENBOWER BLVD.  
ROSEBURG, OR 97470  
(541) 957-5400  
FAX (541) 440-1010

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## **WHAT YOU NEED TO KNOW ABOUT DIABETES AND THE EYE**

- You can have serious diabetic eye disease without any warning symptoms or initial decrease in vision.
- You can have diabetic eye disease present even if you have just been diagnosed with diabetes.
- Keeping your blood sugar in good control has a beneficial effect on your risk of having diabetic retinopathy, but does not eliminate it altogether.
- Diabetes affects the small blood vessels in the eye and can cause permanent reduction of eyesight and even blindness.
- Diabetes can cause other problems in the eye, such as cataracts, nerve problems, and strokes in the blood vessels of the eye.
- Smoking greatly increases the risk of having diabetes-related complications in the eye and elsewhere in the body.
- Large blood sugar fluctuations can cause your glasses prescription to fluctuate and therefore cause intermittent blurriness.
- Having a dilated eye examination by an ophthalmologist (eye MD) every year to look for diabetic eye disease is recommended for all people with diabetes, since diabetic retinopathy can be treated if found in time.