

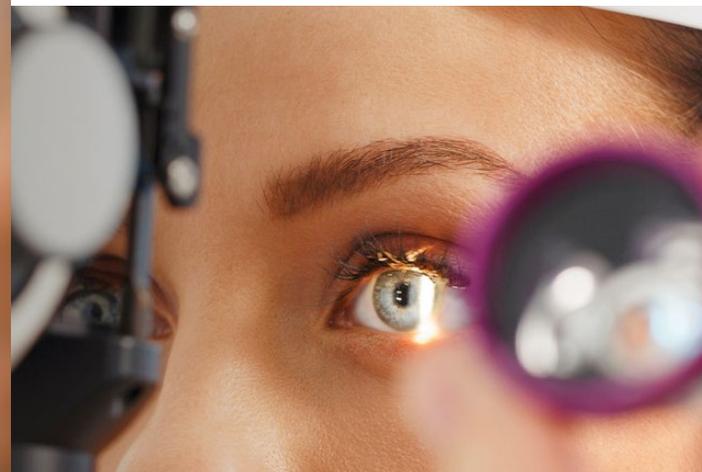
It's estimated that approximately **TWO MILLION** people in Canada have some form of diabetic eye disease.

Information sources:

doctorsofoptometry.ca health.gov.on.ca diabetes.ca



Diabetes
VISION SCREENING



IT'S FREE AND EASY.

Individuals with diabetes should have an eye exam every year. Call an eye care provider near you.

DIABETES IS A LEADING CAUSE OF BLINDNESS

If you have diabetes, you may be experiencing vision loss and not even know it.



Diabetes
VISION SCREENING

For more information visit
diabetesvisionscreening.ca

diabetesvisionscreening.ca



Left untreated, diabetic retinopathy can cause blindness.

What is retinopathy?

Diabetes may affect all blood vessels in your body, including those inside your eye. Diabetic retinopathy occurs when there is a weakening or swelling of the tiny blood vessels in the retina of your eye, resulting in blood leakage and other issues. If diabetic retinopathy is left untreated, blindness can result.

Effect of retinopathy

The effect of retinopathy varies widely but can include blurred vision, flashes or sudden loss of vision.



Can vision loss from diabetes be prevented?

In a routine eye examination, your doctor can diagnose potential vision changes that may be treated to prevent blindness. However, once damage has occurred, the effects can be permanent. It is also important to control your diabetes as much as possible to minimize risk.

Who should be screened for retinopathy?

Anyone with diabetes type 1 or type 2.

- Any individual older than 15 with type 1 diabetes should be screened annually.
- All individuals with type 2 diabetes should be screened at the time of diagnosis.
- Women with diabetes who hope to become pregnant should be screened before conception, during the first trimester, as needed throughout the pregnancy and within the first year after delivery.

Diabetic eye damage is the MOST COMMON cause of blindness in people under age 65.

People with diabetes are more likely to develop cataracts at a younger age and are twice as likely to develop glaucoma, but diabetes' effect on the retina is the main threat to vision.

This is why vision screening early and often is so important for those with diabetes.

How do I see an eye care provider?

Anyone can see an optometrist. Referrals from your family doctor are NOT required. There are many online resources to locate an optometrist near you. You can also look in the phone book or ask your family doctor.

What is the cost of screening?

In Ontario, for people living with diabetes, the cost of an eye exam by an optometrist or ophthalmologist is covered through OHIP. Should your optometrist feel more extensive diagnostic tests are needed there may be a fee associated with those tests as they are not covered by OHIP.

However, if you choose, those tests can be performed at an ophthalmologist clinic. Ophthalmologist fees for additional diagnostic tests are covered by OHIP.

