

Having uncontrolled diabetes can negatively affect your vision. Diseases such as glaucoma, cataracts and diabetic retinopathy can cause vision changes, sometimes leading to permanent damage to vision including blindness. There are things you can do to help keep your eyes healthy.

Keep your blood sugar as close to target levels as possible.

High blood sugars can damage small eye vessels. Ask your provider what your target blood sugar levels should be.

Keep your blood pressure within your goal range.

High blood pressure can make eye problems worse by damaging blood vessels in your eyes. Ask your provider what your blood pressure range should be.

Quit smoking

Smoking damages blood vessels in your eyes and increases the pressure in our eyes. Ask your provider for help with quitting.

See your eye care professional once a year for an eye exam— even if your vision seems unchanged.

During your dilated eye exam, your eye care professional may use eye drops to enlarge your pupils. This will help them be able to see more of the inside of your eyes. They will then look into your eyes with a special magnifying lens to look at your eyes carefully. They will also check the pressure in your eyes and overall vision quality.

Be sure your eye care professional sends the results of your eye exam to Harrisonburg Community Health Center.

Call our office if you experience the following:

- Blurry vision
- Double vision
- Pain in one or both eyes
- Your eyes get red and the redness won't go away
- Pressure in your eyes
- Spots or floaters in your vision
- Peripheral vision (or ability to see things at the sides) changes

