



Healthy Vision Program: Making Vision a Health Priority

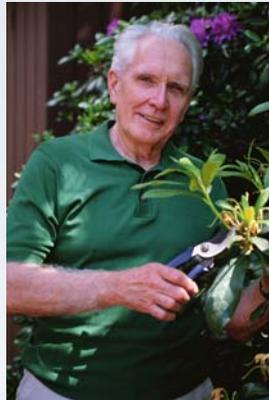
Diabetic Retinopathy





The Healthy Vision Program is...

Vision is an essential part of everyday life.





The Healthy Vision Program includes...

- Examination and prevention
- Eye disease
- Injury and safety
- Vision rehabilitation



Healthy Vision Program: eye disease objectives

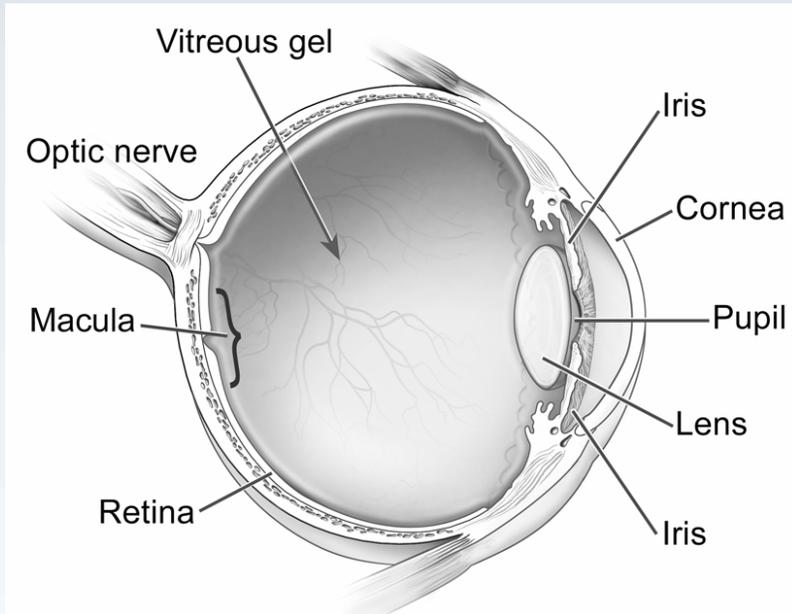
- Reduce visual impairment due to diabetic retinopathy.
- Reduce visual impairment due to glaucoma.
- Reduce visual impairment due to cataract.



What is diabetic retinopathy?

- Diabetic retinopathy is a complication of diabetes.
- Diabetic retinopathy is a leading cause of blindness.
- Diabetic retinopathy often has no early warning signs.

What causes diabetic retinopathy?



Diabetic retinopathy occurs when diabetes damages the tiny blood vessels inside the retina, the light-sensitive tissue at the back of the eye.

Who is at risk for diabetic retinopathy?



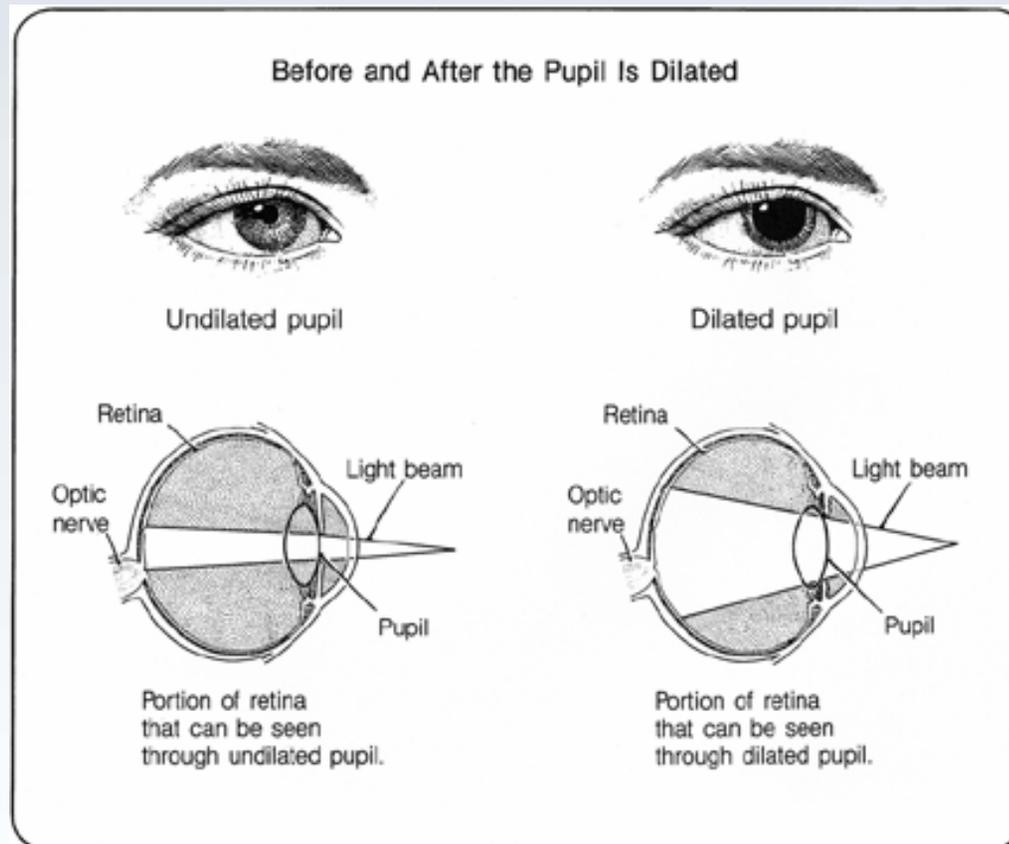
All people with diabetes, both types 1 and 2, are at risk for diabetic retinopathy.



How is diabetic retinopathy detected?

- Diabetic retinopathy can be detected with a comprehensive dilated eye exam.
- In a comprehensive dilated eye exam, an eye care professional uses eye drops to dilate (widen) the pupil to get a better look at the retina.

Dilated eye exam





How is diabetic retinopathy treated?

- An eye care professional may suggest laser surgery, in which a strong light beam is aimed onto the retina, to treat diabetic retinopathy.
- Laser surgery and appropriate followup care can reduce the risk of blindness by up to 90 percent.
- Laser surgery cannot restore vision that has already been lost. That is why finding diabetic retinopathy early is the best way to prevent vision loss.



People with diabetes should have a comprehensive dilated eye exam at least once a year.



How the Healthy Vision Program works

The Healthy Vision Program challenges individuals, communities, and professionals—indeed, all of us—to take specific steps to improve the eye health of people living in the United States through prevention, early detection, timely treatment, and rehabilitation.



You can help

- Begin at home
- Become an advocate
- Start something in your community



You can help

- Use the Healthy Vision Program resources
- Add the logo to your Website
- Identify partners to work with you



**Share in the success of the
Healthy Vision Program**



Visit the Healthy Vision Website

[http://healthyvision2010.
nei.nih.gov/](http://healthyvision2010.nei.nih.gov/)



Join the Healthy Vision Consortium

[http://healthyvision2010.nei.nih.gov
/about_hv/join.asp](http://healthyvision2010.nei.nih.gov/about_hv/join.asp)

Contact the National Eye Institute

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Eye Institute



Make Vision a Health Priority