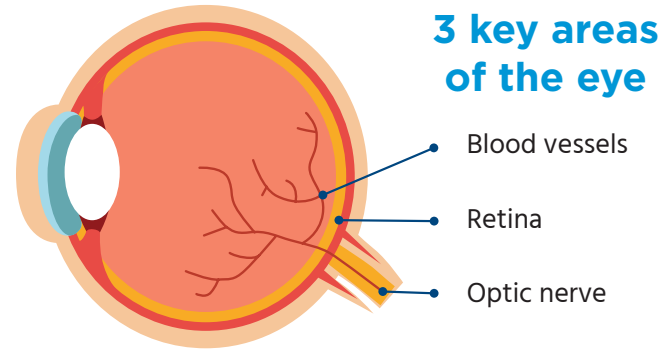**A:** • Diabetic eye exams are different from regular eye exams. Ask your eye doctor if your exam is a diabetic eye exam.
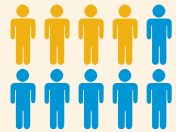
DIABETIC Eye Exams

1 Give you a comprehensive eye examination
2 Ask questions about your diabetic health, such as
   - Any symptoms you're experiencing
   - Any health issues
   - Status of your blood sugar control
   - Any other relevant information
3 Dilate your pupils and take images of your retina
4 Pay special attention to your blood vessels, retina and optic nerve

REGULAR Eye Exams

1 May not catch subtle changes to your vision caused by your diabetes
2 May not detect diabetes-related issues early enough to prevent vision loss

3 key areas of the eye

- Blood vessels
- Retina
- Optic nerve

More than 40% of Americans with diabetes have diabetic retinopathy.

Diabetic retinopathy affects blood vessels in your retina and can lead to vision loss or blindness. It is common in people with diabetes who do not control their blood sugar well. **Diabetic retinopathy is best treated before you start noticing symptoms, so it's important to get a yearly diabetic eye exam.**

Source: Emmi, Diabetic Retinopathy, WoltersKluwer, Oct. 2023, Explore health answers (wolterskluwer.com)

Ready to Schedule?
Who Should You See?

Schedule a DIABETIC EYE EXAM if:

- You have a history of
  - Cataracts (including nuclear sclerosis)
  - Cataract surgery with lens
  - Macular degeneration
  - Retinopathy (any type)
  - Blindness
- Need to discuss changes in your health
- Need new prescription glasses or contacts
- Need medication
- Have not seen an eye doctor in 2+ years

Schedule a DIABETIC EYE PHOTO* if:

- Last screening showed nothing new
- No health changes or vision problems
- No easy access to an eye doctor
- You **DON'T** have a history of
  - Cataracts/cataract surgery w/lens
  - Macular degeneration
  - Retinopathy (any type)
  - Blindness

Diabetic Eye Photo only available at select locations. Ask your healthcare team for details.

+ If you have an Optometrist or Ophthalmologist outside of Ochsner, let your healthcare team know.

Ochsner Health