If you have diabetes, you need to take care of your eyes because over time high blood sugar can damage your eyes. Many people with type 2 diabetes have high blood sugar for months or years before they are tested and found to have diabetes. Others get tested for diabetes because they have vision changes.

Visit your eye doctor for a dilated eye exam each year, even if you have no eye problems. Your eye doctor can find problems early, before you have any signs. Early treatment may prevent more serious eye problems.

Eye Problems

- **Retinopathy**: When the blood vessels in the back of the eye, called the retina, become damaged.
- **Cataracts**: When a film of skin grows over the lens in the eye.
• **Glaucoma:** When the pressure inside the eye gets too high and damages the optic nerve.

#### Signs of Eye Problems
Damage can occur to your eyes, but it may not cause vision changes for some time. If you have any of these signs, call your doctor to schedule an eye exam:

- Loss of side (peripheral) vision
- Loss of central vision
- Blurry vision
- Seeing spots or “floaters”
- Eye pain or discomfort
- Hard to see at night or dim vision
- Double vision
- Problems with glare or light

#### Why does diabetes cause eye problems?
High blood sugar over time with diabetes can cause damage to blood vessels, including the small blood vessels in your eyes. If you also have high blood pressure, this can further damage the blood vessels.

Keep your blood sugar and blood pressure as close to normal as you can to prevent eye problems. See your doctor to have your eyes checked each year so problems can be found early and treated.

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• **ग्लूकोमा (Glaucoma):** आँखामा अत्यधिक चापले गर्दै ओप्टिक तन्त्रिका क्षितिजत भएको स्थितिलाई।

#### आँखको समस्याका लक्षण
तपाईँको आँखलाई नोक्सानी भएको हुन सक्छ तर केही समयसम्म यसबाट दुर्घटना परिवर्तन नहुन्छ सक्छ। यदि तपाईँलाई निम्न मध्ये कुनैपनि लक्षण देखिएको भने आँखको झाँक्नलाई लागि आफ्नो डक्टरबाट डक्टरसित सम्पर्क गर्नुहुन्छः।

- साइड (पेिरफे रल) िभजन हराउनु
- सेन्टरल िभजन हराउनु
- धिमलो देखिनु
- धब्बाहरू वा “फ्लोटसर्” देखिनु
- आँखा दुख्नु वा असिजलो हुनु
- रात्रि वा कमिति उज्यालोमा हेन्न गाहियो हुनु
- डबल िभजन
- चिम्कलो चीज वा प्रकाशबाट समस्या हुनु

#### मधुमेहले किन आँखको समस्या उत्पन्न गर्नु?
मधुमेहमा धेरै समयसम्म रगतमा उञ्च चीनीको स्थितिले तपाईँका आँखको मस्तिना रक्त नलीहृदौ चन्द्रमा रक्त नलीहृदौ नोक्सानी पुन्नाउन सक्छ। तपाईँलाई उञ्च रक्तचाप पनि छ भने यसले तपाईँको रक्त नलीहृदौ अझ नोक्सानी पुन्नाउन सक्छ।

आँखका समस्याहरूलाई रोख आफ्नो रागतमा चीनीको स्तर र रक्तचापलाई तपाईँले यथासङ्ग रागतमा र रूपमा राख्नु पर्नुहोस्। हुरेक वर्ष डक्टरबाट आफ्नो आँखको झाँक्न मराउनुहोस् जसबाट आँखको समस्या छ भने पसो सामाय उपचार गर्न सकियोस्।
Testing

Have an eye exam every year. Visit the eye doctor more often if you already have signs of eye problems. Treatment will depend on your needs. These tests may be done to check your eyes:

- Vision test: Your ability to read close up or at a distance is checked. Your light sensitivity and side vision, also called peripheral vision, may be checked.
- Dilated eye test: A small amount of medicine is dropped into your eyes so your doctor can look at the back of your eyes.
- Eye pressure test: Medicine is used to numb the eyes and then the pressure in your eyes is checked.
- Retinal test: Pictures are taken of the inside of the eye to check the blood vessels of the retina and optic nerve.

Treatment

Treatment depends on the eye problem, but it could include eye drops, laser treatment or surgery.

Managing Your Diabetes

Manage your diabetes to prevent eye and other health problems. Work with your doctor, nurse and dietitian to learn more about living well with diabetes.

- Follow your meal plan and talk with a dietitian.
- Learn how to check and record your blood sugar levels, also called glucose levels. Know the signs for high and low blood sugar levels.
- Exercise for at least 30 minutes most days of the week.
- Take insulin or other diabetes medicines as directed by your doctor, nurse or diabetes educator.
• Have plans in place if your blood sugar levels drop too low. Be sure you have family members or others around you who know how to help you if you are not able to help yourself.

• Avoid tobacco and alcohol, manage stress and get enough sleep.

• Check your blood pressure every few months. If you have high blood pressure, also called hypertension, take your blood pressure medicine as ordered by your doctor. You may also want to check your blood pressure with a home blood pressure monitor, so you know if your medicine is keeping your blood pressure controlled.

Talk to your doctor, nurse or diabetes educator if you have any questions or concerns.

• तपाईंको रगतमा चीनीको स्तर अत्यिधिक न्यून स्तरमा झरेको िस्थितमा के गने भने योजना तयार राख्नुहोस्। तपाईंले आफ्नो महत्त्व आफ्नो नसक्रो स्थितिमा तपाईंलाई कसरी महत्त्व गर्न सफल भने जानकारी भएका परिवारको सदस्यहरू वा अन्यहरू तपाईंको नक्षिके होउँ भने सुनिश्चित गर्नुहोस्।

• तमाखु र मद्दतालाई नगर्नुहोस्, तनावमाध्यम नियन्त्रण गर्नुहोस् र पयास निदानानुसार गर्नुहोस्।

• हरेक के ही महत्त्वमा आफ्नो रक्तचाप जोँच गर्नुहोस्। तपाईंलाई ऊँचा रक्तचाप छ भने, जसलाई हाइपरटेन्शन पनि भनिन्छ, तपाईंका डक्टरले दिएको निदेशनअनुसार रक्तचापको औषधि खानुहोस्। तपाईंले गर्न रक्तचाप नाप्रे यन्त्रले आफ्नो रक्तचाप जोँच सहून हुन्छ जसबाट तपाईंलाई थाहा लागेछ कि तपाईंको औषधिले तपाईंको रक्तचापलाई नियन्त्रित राखिएको छ वा छैन।

तपाईँका कुनै प्रश्न वा चिन्ताहरू छन् भने आफ्नो डक्टर, नस्तिहि वा मधुमेह प्रशिक्षकसिसै कुरा गर्नुहोस्।