



# Diabetes

The statistics of diabetes are alarming. Did you know that diabetes affects more than 7.8 percent of the U.S. population?<sup>1</sup> Did you also know that the major cause of blindness in people with diabetes is diabetic retinopathy?<sup>2</sup> Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.<sup>3</sup> The risks associated with diabetic retinopathy can be reduced through early diagnosis and proper treatment. Only an eye care professional, such as an optometrist or ophthalmologist, can accurately diagnose diabetic retinopathy.

## Vision-related signs and symptoms

Often there are no symptoms or pain in the early stages of diabetes. However, changes in vision such as blurriness, seeing spots or persistent redness may be symptomatic of diabetes and should be reported to an eye care or primary care professional.

## Potential eye complications with diabetes

- Cataracts
- Glaucoma
- Double vision
- Vision fluctuation
- Dry eyes
- Recurring lid infections
- Changes in color vision

## Prevention

Comprehensive eye health exams are the most important component to ensuring overall healthy vision. You may easily locate providers by visiting our Web site at [myuhcvision.com](http://myuhcvision.com) and selecting the provider locator option, or by calling UnitedHealthcare Vision's 24-hour, toll-free Interactive Voice Response (IVR) system at 1-800-839-3242.

<sup>1</sup> National Diabetes Statistics, 2007, <http://diabetes.niddk.nih.gov/DM/PUBS/statistics/>.

<sup>2</sup> American Diabetes Association, 2009, [www.diabetes.org](http://www.diabetes.org).

<sup>3</sup> National Diabetes Statistics, 2007, <http://diabetes.niddk.nih.gov/DM/PUBS/statistics/>.

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