



dance out diabetes

dancing for the health of it!™



Staying Healthy to Prevent Diabetes Complications: Keeping Your Vision Clear

It has been said that "the eye is the lamp of the body." And if our eyes are healthy, our whole body will be full of light.

It's true. Our view of the world comes through light that is filtered and focused through our eyes.

Diabetes can rob us of clear vision, however. We will review how you can prevent the common issues associated with uncontrolled diabetes.

Diabetic retinopathy---a disease associated with diabetes that destroys the eye's light-sensing tissue---is the leading cause of blindness in adults younger than 65 years, according to the American Diabetes Association. Diabetes also increases one's risk for glaucoma--pressure in the eye that can lead to vision loss. Cataracts--clouding of the lens of the eye--is also more common in people with diabetes.

You can protect your precious vision if you have diabetes. Here's how:

1. ***Watch your blood sugars!***
Intensive blood glucose control has been shown in large studies to reduce the risk of developing retinopathy in people with diabetes by 76 percent!
2. ***See that your blood pressure stays as close to target as possible.***
Delicate eye tissues are protected when blood pressure is controlled.
3. ***View yourself as a non-smoker.***
Eyes are more likely to stay clear and healthy when you don't smoke.
4. ***Set your sights on a yearly dilated eye exam by an ophthalmologist or optometrist.***
It's the best way to keep minor eye problems from turning into major ones.
5. ***Focus on more colorful fruits and vegetables.***
These foods contain potent antioxidants such as vitamin C, lutein and zeaxanthin shown to protect the eyes.
6. ***Look up your eye professional if any of these warning signs obstructs your view:***
 - Pressure in one or both eyes
 - Blurred vision
 - Seeing spots or "floaters"
 - Noticing that straight lines do not look straight
 - Trouble seeing to the side (peripheral vision)
 - Seeing double
 - Pain in one or both eyes
 - Eyes that get red and stay that way

The good news: Our eyes respond well when blood glucose, blood pressure and blood lipid (cholesterol) levels are well-controlled. That's how we can visualize a bright future!