

## **A Minute of Health with CDC**

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This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Most of us know that diabetes is a disorder involving blood sugar. But did you know that adults with diabetes are more likely to be visually impaired?

Research conducted at CDC has shown that many adults with diabetes do not have adequate eyeglass or contact lens prescriptions. Nearly two-thirds of visually impaired adults with diabetes were found to be under-corrected.

Diabetes also damages the blood vessels of the retina, the light-sensitive layer in the back of the eye. This condition begins without any noticeable changes in vision, but it may lead to blindness if untreated.

What does all of this mean if you have been diagnosed with diabetes? It means you should have frequent eye exams to monitor the condition of your retina. You should also talk with your doctor about your visual impairment and corrective prescriptions.

With good diabetes management and recommended eye care, the visual complications of diabetes can be avoided or treated.

This has been A Minute of Health with CDC. Be sure to join us next week.

To access the most accurate and relevant health information that affects you, your family, and your community, please visit [www.cdc.gov](http://www.cdc.gov).