

Take this Eye-Q Test — See how much you know about diabetic eye disease

Of the approximately 10.5 million people with diagnosed diabetes in the United States, between 40 and 45 percent have some degree of diabetic eye disease. Do you know that diabetic eye disease is a leading cause of blindness? If you have diabetes, do you know how to reduce your risk of visual loss? To determine how high your Eye-Q is, answer the following questions about diabetic eye disease.

- | | True | False | Not Sure |
|---|--------------------------|--------------------------|--------------------------|
| 1 People with diabetes are more likely than people without diabetes to develop certain eye diseases. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Diabetic eye disease usually has early warning signs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 People with diabetes should have yearly eye examinations. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Diabetic retinopathy is caused by changes in the blood vessels in the eye. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 People with diabetes are at low risk for developing glaucoma. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Laser surgery can be used to halt the progression of diabetic retinopathy. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 People with diabetes should have regular eye examinations through dilated pupils. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Cataracts are common among people with diabetes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 People who have good control of their diabetes are not at high risk for diabetic eye disease. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 The risk of blindness from diabetic eye disease can be reduced. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

To see if you have a perfect Eye-Q score, read all the answers on the back. If you got 9 or 10 right, congratulations. You know a lot about diabetic eye disease. If you missed some, review the answers so you can share your knowledge with your family and friends who have diabetes.

Answers

- 1 True.** Diabetic eye disease includes diabetic retinopathy—a leading cause of blindness in adults—cataract, and glaucoma. The longer someone has diabetes, the more likely he or she will develop diabetic eye disease.
- 2 False.** Often there are none in the early stages of the disease. Vision may not change until the disease becomes severe.
- 3 True.** Everyone with diabetes should get an eye examination through dilated pupils at least once a year. Because diabetic eye disease usually has no symptoms, regular eye exams are important for early detection and timely treatment.
- 4 True.** In some people, blood vessels in the retina may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina.
- 5 False.** Glaucoma is almost twice as likely to occur in people with diabetes than in those without the disease.
- 6 True.** In laser surgery, an intense beam of light is used to shrink the abnormal blood vessels or seal leaking blood vessels. Laser surgery has been proved to reduce the five-year risk of vision loss from advanced diabetic retinopathy by more than 90 percent.
- 7 True.** An eye examination through dilated pupils is the best way to detect diabetic eye disease, in which drops are used to enlarge the pupils. This allows the eye care professional to see more of the inside of the eye to check for signs of the disease.
- 8 True.** People with diabetes are twice as likely to develop cataracts and to develop them at an earlier age than are those without diabetes.
- 9 False.** Even with good control of blood glucose, there is still a risk of developing diabetic eye disease. However, studies show that careful management of blood sugar levels slows the onset and progression of diabetic retinopathy.
- 10 True.** With early detection and timely treatment, the risk of blindness from diabetic eye disease can be reduced.

**Get your eyes examined.
Don't lose sight of diabetic eye disease.**

For more information about diabetic eye disease, write:
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