DIABETIC EYE HEALTH

Have you had a diabetic eye examination within the past 12 months?

☐ YES ☐ NO ☐ I'M NOT SURE

Diabetic retinopathy can develop before you notice changes in your vision.

EP.

Eye Prestige
ophthalmologists

The damage can begin silent.

Your vision may feel normal while changes are developing in the retina.

Healthy retina



Diabetic retinopathy



Diabetes in South Africa

2.3 MILLION adults live with diabetes

Diabetic eye disease is an important cause of preventable vision loss.

Possible warning signs

- Blurred vision
- Floaters
- Dark areas
- Sudden vision changes

Early diabetic retinopathy may cause no symptoms.

Why screening matters

Regular retinal examinations can detect changes early, when treatment and monitoring may help preserve vision.

EVERY YEAR

or as advised by your healthcare professional

What should you do?

Speak to your doctor or eye-care professional about when your next retinal examination is due.



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Sources: *IDF Diabetes Atlas; Statistics South Africa; WHO*

This information is educational and does not replace individual medical advice.