

Tips for healthy eyes

Get a dilated eye exam every year

- It's covered by many insurance plans.
- It's easy. Your eye doctor will put drops in your eyes and all you have to do is look into a machine.
- Your eye doctor will also take photos of the back of your eyes to compare the health of your eyes from year to year.
- Be sure to have your eye doctor send your exam results to your primary care doctor.

Know how diabetes can affect your eyes

- Diabetes can cause damage to blood vessels in the eye (diabetic retinopathy).
- Diabetes can cause clouded vision (cataracts).
- Diabetes can be associated with glaucoma, which can involve increased pressure in the eye.

Know the symptoms

Contact your eye doctor if you have any of the following:

- Vision changes
- Floating spots
- Blurred vision
- Double vision

Take control

- Work with your doctor to keep your blood sugar, cholesterol, and blood pressure under control.
- Stop smoking.

Be aware

- See your eye doctor yearly, even if your vision is fine.
- Watch for signs and symptoms of vision change.
Discuss these changes with your doctor immediately.



Normal vision



Blurry vision



Vision with retinopathy*

*You may be able to see clearly and still have retinopathy.

DIABETES

Eye Exam Fax-Back Form

(To be filled out by doctor)

Please fill out and fax back to primary care physician.

Eye Specialist (Write in or apply office stamp)
Date examined: / /

Primary Care Doctor
Fax # _____ - _____ - _____
Date examined: / /

Patient Information

Patient name: _____ **DOB:** / /

Diabetes mellitus: Type 1 Type 2 **A1C:** _____ **BP:** / **LDL-C:** _____

Duration of diabetes (in years): _____ **Current diabetes therapy:** Insulin Oral No Medications

Complaints of decreased vision or floating spots: Yes No

Exam Findings

Visual acuity (best corrected):	OD: _____	OS: _____
Intraocular pressure:	OD: _____	OS: _____
	<input type="checkbox"/> within normal limits	<input type="checkbox"/> within normal limits
	<input type="checkbox"/> > normal	<input type="checkbox"/> > normal

Tonometric method: _____

Time of measurement: _____

Dilated Fundus Exam Performed

Diagnosis

No diabetic retinopathy	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Nonproliferative diabetic retinopathy	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Mild	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Moderate	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Severe	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Proliferative diabetic retinopathy	<input type="checkbox"/> OD	<input type="checkbox"/> OS
Clinically significant diabetic macular edema	<input type="checkbox"/> OD	<input type="checkbox"/> OS

Additional Ocular Findings/Treatment

Treatment Plan

Monitor only

Additional testing/treatment recommended: _____

