



# EYE CARE IN DIABETES



Keep blood sugar within a normal range.



Manage your blood pressure.



Include food items like green leafy vegetables, green gram, green peas, Guava, Gooseberry, walnut, soyabeans, egg and lean fish in your diet on regular basis.



Regular physical activities



Drink 8-10 glasses of water every day.



No cigarettes. Both active and passive smoking are bad for your eyes



In case you detect any abnormality, cover up the area to prevent bruising and consult your doctor. Neglecting foot ulcers can lead to an amputation of your toe, foot, or part of your leg.



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Regular eye checkup at least once a year

Consult your doctor immediately if you watch any warning signs like

- Blurry, cloudy, or double vision
- Flashing lights or rings around lights
- Any sudden change in your vision
- Trouble seeing signs or straight lines
- Blank, dark, or floating spots in your vision
- Trouble seeing out of the corner of your eye
- Pain, pressure, or constant redness in your eyes

