



## **Diabetic Eye Disease 60 Sec PSA**

This is State Health Officer Doctor Scott Harris. One in seven Alabamians is living with diabetes. People who have diabetes have a higher risk for diabetic eye diseases like diabetic retinopathy and diabetic macular edema.

Diabetic retinopathy is caused by damage to the blood vessels in the retina as a result of high blood sugar, and diabetic macular edema is a complication of untreated diabetic retinopathy. It's caused by leaking blood vessels, which lead to fluid accumulation in the macula in the retina. Both of these diseases can lead to blurred vision and even blindness.

Preventing diabetic eye disease can be done through maintaining good blood sugar, blood pressure, and cholesterol control; getting a dilated eye exam or having retinal photographs examined by your eye doctor annually; and maintaining a healthy lifestyle with regular exercise, not smoking, and following a healthy diet.

Visit [Alabama-Public-Health-dot-G-O-V](http://Alabama-Public-Health-dot-G-O-V) for more information.

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