

Have your eye doctor fill out this form. After it is completed, please ask your eye doctor to fax this form back to your family doctor.

**Below information to be filled out by Ophthalmologist/Optomtrist. Please print all information.**

Patient's Name:

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Date of Eye Exam:

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Name of Clinic:

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Name of Ophthalmologist/Optomtrist:

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Results of Exam:

No Retinopathy

Background Retinopathy

Proliferative Retinopathy

Notes:

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Ophthalmologist/Optomtrist – please fax this form back to:

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# Preventing Blindness Caused by Diabetes

For more information, please visit [sanfordhealth.org](http://sanfordhealth.org) On the left hand side of the screen choose the services/ departments tab. Then enter diabetes in the drop down box.



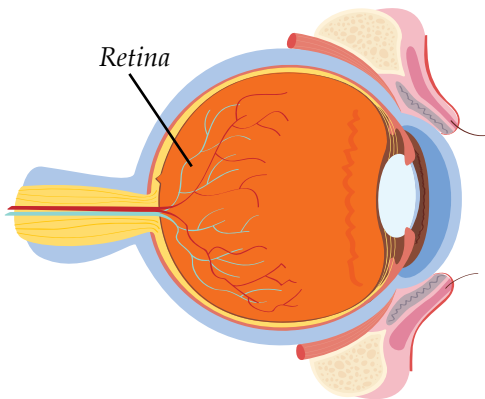
## What is Diabetic Retinopathy?

Diabetic Retinopathy causes blindness. It is a disease of the eye that is caused by high blood sugar. Poorly controlled diabetes is the most common cause of blindness in the United States. EVERYONE who has been diagnosed with diabetes is at risk for developing Diabetic Retinopathy. If not detected, the disease can lead to vision loss which can severely affect daily activities including reading, watching TV and driving. The best prevention is a yearly dilated eye exam. Damage can't be reversed.

## How do I Prevent Diabetic Retinopathy?

Preventing the disease is as easy as –

- Keeping your blood sugars lower than 140.
- Taking your medications as your doctor has told you to.
- Sticking to your diet.
- Exercising every day.
- Controlling high blood pressure.
- **Getting a yearly dilated eye exam. This is the only way to know if you have this eye problem.**



## Why is Diabetic Retinopathy Important to Me?

Diabetic Retinopathy is related to high blood sugar levels, which prevents oxygen delivery to the cells in the eye. It causes the tiny blood vessels that keep the eye healthy to break and leak blood into the eye. Damage to the eye from a lack of oxygen may not be noticed right away. If not detected early, the disease can cause permanent blindness.



*Normal vision*



*This photo shows how a person with Diabetic Retinopathy sees.*

The only symptom is loss of vision which doesn't appear until the disease has already damaged your eyes. The best prevention against blindness is to get a yearly eye exam. Early treatment can limit the potential for vision loss. Don't wait until symptoms appear.

## What Can I Do?

Make your appointment today for a dilated eye exam. During your exam, your eye doctor will look inside your eyes with special equipment and lenses. This is the only way to diagnose Diabetic Retinopathy.

Date of your appointment: \_\_\_\_\_

Most diabetic eye exams are covered by your insurance. If you are unsure about your coverage, we recommend you check with your health insurance carrier before your eye appointment.

If you live in Sioux Falls and do not have an eye doctor you regularly see, the staff and physicians at Sanford Clinic Ophthalmology/Optometry in Sioux Falls would be happy to assist you. To schedule an appointment, please call **(605) 328-9200**.

If you live outside of Sioux Falls, please call