

# DIABETES EYE SCREENING OTTAWA

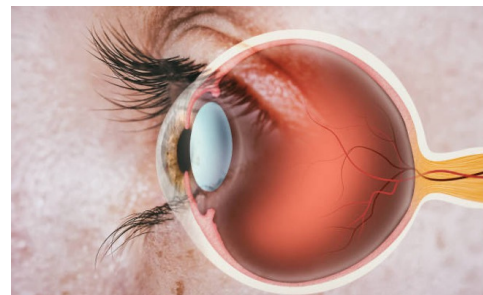
*Are you living with Diabetes?*

*Have you had your eyes checked in the last year?*

***Identify eye problems early so they can be treated.***

## WHAT IS DIABETIC RETINOPATHY?

Diabetic retinopathy is an eye condition that may occur in people living with diabetes. It is the leading cause of vision loss and blindness in Canadian adults. Diabetic retinopathy involves changes to blood vessels in the retina (back of the eye) that can lead to vision changes if it goes unnoticed and is not treated early.



## WHO CAN GET DIABETIC RETINOPATHY?

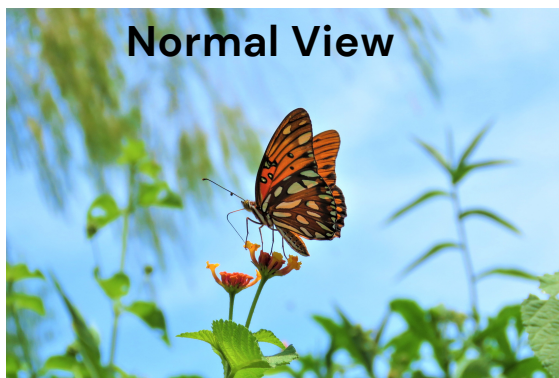
People living with diabetes can be at high risk of getting diabetic retinopathy if they have been living with high blood sugar for a long period of time.

## DIABETES AND VISION LOSS

Diabetes can make you more likely to develop diabetic retinopathy and other eye conditions that reduce vision such as cataracts and glaucoma.

**It is possible to have Diabetic Retinopathy and not know until it affects your vision.**

**Normal View**



**Diabetic Retinopathy View**



## HOW DO I KNOW IF I HAVE DIABETIC RETINOPATHY?

There are usually no symptoms in the early stages of Diabetic Retinopathy. As the retinopathy gets worse, you may see dark, floating spots or lines that look like cobwebs.

**If you get your eyes checked (screened) regularly, you are 95% more likely to prevent vision loss.**

## SCREENING

Screening is painless and can detect problems before vision loss occurs and when treatment can still make a difference.

Screening is different from the basic eye exam received for glasses. It involves measuring how well you see, what the pressure is in your eyes, and taking pictures of the retina.



**Screening is FREE**

## MEANING OF MEDICAL WORDS

### Medical Words

Diabetic Retinopathy  
Diabetes Eye Screening  
Pupil Dilation  
Retina  
Cataract  
Glaucoma

### Meaning

Diabetes eye condition  
Eye check-up for people with diabetes  
Using eye drops to widen the black center of the eye  
Back of the eye with nerves for sight  
When the lens of the eye is cloudy  
Damages to the eye nerve

## IMPORTANT MESSAGES FOR PEOPLE WITH DIABETES

1. **Keeping blood sugar in target** can help to prevent Diabetic Retinopathy
2. **Screen** regularly. Yearly screening is recommended. Discuss with an eye doctor how often you should have your eyes screened.
3. Early **detection** of Diabetic Retinopathy and **treatment** can reduce the risk of vision loss.

**If you have never had your eyes checked for retinopathy, it is never too late!**

## HOW TO BOOK FOR SCREENING

Ask your primary care provider to refer you to **Diabetes Eye Screening Ottawa**. You can reach out to the screening staff to request their support.

To access the information video, scan the QR Code



If you have questions, please contact Diabetes Eye Screening Ottawa at 420 Cooper St, Ottawa, ON. K2P 2N6  
Phone: 613-233-4443 ext 2169.  
Email: [deso@centretownchc.org](mailto:deso@centretownchc.org)  
Fax: 613-774-7235, toll free: 1-833-384-9993

