In the last three years, hundreds of people living with diabetes in Ottawa have had their eyes checked for diabetic retinopathy. <u>Have you had your eyes screened this year?</u>

**If not, make it a goal to prioritize your eyesight and health. Book an appointment today.**



If you have diabetes, you should have an eye screening every year to check for diabetic retinopathy. Diabetic retinopathy is an eye problem that can cause blindness if not treated early. It is important to get your eyes checked even if you don't have any symptoms!
This test is different from a regular eye exam and helps protect your eyesight and your overall health.

**Screening is FREE. You <u>do not</u> need OHIP, a health insurance card or a family doctor to get your eyes checked.**

**What to do next?**

- Check your calendar. Are you overdue for an eye screening?

- Book an appointment at Diabetes Eye Screening Ottawa. If you don't have a family doctor, we can help. A doctor at Centretown Community Health Centre can sign your referral.

- Plan how you will get to your appointment. Your vision may be blurry afterward, so you should not drive. Ask a friend or family member for a ride, take the bus, or use a taxi.

- On the day of your appointment, bring your glasses or contacts if you wear them. Arrive 15 minutes early.

- After your appointment, mark your calendar to come back next year for your annual screening.

- Ask a trusted friend or family member to help you with these steps if needed.
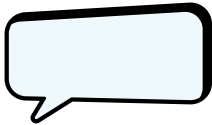
**We speak your language!**
Diabetes Eye Screening Ottawa has interpreters to help you book and attend your appointment. Our interpreters speak Arabic, French, Dari, Somali, Spanish, Mandarin, Kirundi, and more.

**Learn more**: Visit [Diabetes Eye Screening Ottawa online.](#)

**Start booking your appointment:** [Click this link to complete a self-referral form](#), or call 613-233-4443 ext. 2169.

**What people in Ottawa are saying about getting their eyes screened:**

"I encourage people with similar issues as myself to take part in this helpful program."



"[I am] happy that this program exists.

"The people that work at the program are very accommodating."