



Six point plan for preventing sight loss

- 1** Get your blood sugar under control. This is the most important thing that you can do. Record your blood sugars regularly and get long-term average sugars (HbA1c) checked to give you an overall idea of control. Set targets and goals with respect to your blood sugars.

- 2** Reduce insulin resistance by reducing your weight, eating healthily and exercising. Contrary to many people's understanding, reducing calorific intake WILL lead to weight loss.

- 3** Control Blood Pressure and treat if it is elevated.

- 4** Control lipids (cholesterol) – and consider Lipidil which has a beneficial effect on retinopathy (ask your GP or ophthalmologist).

- 5** Stop Smoking – smoking damages the small vessels, which are already under assault from the diabetes.

- 6** Take your diabetic medication as prescribed.

For more information go to:

www.peterheyworth.com/general-eye-conditions/diabetes/
www.diabetesaustralia.com.au
www.nei.nih.gov/health/diabetic/retinopathy.asp
www.diabetes.org.uk
www.rcophth.ac.uk/page.asp?section=365