



# Diabetes Care Sheet Eyecare



## Eye Care Tips for People Living With Diabetes



Keeping your blood glucose levels and blood pressure under control are the most important steps in eye care.

- Target blood glucose levels before meals for people with diabetes is 4.0 to 7.0 mmol/L
- For healthy adults, blood pressure should be no higher than 140/90. The high normal ranges are between 130/85 and 139/89
- For people with diabetes or kidney disease, it should be no higher than 130/80.



**NO SMOKING**

Smoking prevention, cessation & reduction will improve your health and prevent eye-related diabetes complications.

- Avoid second hand smoke in public places
- Introduce activities such as walking and/or snacking on fruit & vegetables to cope with the cravings for smoking
- Visit [the Lung Association's website](#) for information on how to stay smoke-free. Also view [the Surgeon General's report](#) on the link between smoking and diabetes.



Eating fish at least twice per week increases omega-3's which protects your eyes.

- Visit the [Vision Institute of Canada](#) for more information
- Also refer to [Healthy Benefits of Eating Fish](#).



If you wear contact lenses, be sure to follow these tips and discuss any questions with your health care professional.

- Before handling contact lenses, wash your hands with soap and water, then rinse and dry them with a lint-free towel.
- Contact lenses should not be rinsed with or stored in water (tap or sterile water)
- Wear and replace contact lenses according to the schedule prescribed by your eye care professional.



Seeing your health care professional every year for a dilated eye exam is important for detecting early signs of diabetic retinopathy.

- Your optometrist (eye care specialist) may recommend you visit more or less frequently depending on your situation.

*Because of good nutrition our Elder can still thread her own needle! SOADI.*

