

Taking Charge of Your Eye Health: Education is Power



Diabetes and Your Eyes: Prolonged high blood sugar weakens blood vessels in your eyes. This can cause bleeding, swelling, and vision loss. Early detection through regular eye exams is key.



Recognise the Signs: Don't ignore changes in your vision. Blurry vision, floaters (spots in your vision), difficulty seeing at night, or seeing 'halos' around lights could indicate eye problems.



Urgent Help: Sudden vision changes, significant eye pain, or an eye injury require immediate medical attention. It's better to be safe and get checked out.

Inclusion Health Nurses: Your Partners in Eye Care

- **Ask Questions:** Don't be afraid to ask nurses for simple ways to improve your eye health within your circumstances. They may have resources you're not aware of.
- **Ask about Screening for eye problems:** Most people with diabetes need an eye test once a year. Ask nurses to help you access free eye care screening programs and help you overcome barriers like making appointments or providing transportation assistance.
- **Seek Guidance:** Nurses can provide easy-to-follow educational material tailored to your needs on diabetes and its impact on eyesight.

Inclusion health nurses understand the challenges you face and are here to support you.

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Top Tips to Protect Your Eyesight



- **Blood Sugar Management:** Even minor improvements matter! Aim for healthier foods when possible, walk instead of taking the bus for short distances, and inquire about storing insulin safely if needed.
- **Hydration:** Drinking water throughout the day is crucial for overall health and helps your eyes stay healthy. If clean water is difficult to find, carry a reusable bottle to fill up where possible.
- **Sun Protection:** Wear a hat or sunglasses to shield your eyes from harmful UV rays. Many shelters or outreach programs might have these available for free.
- **Control Blood Pressure:** If you also have high blood pressure, taking any prescribed medication regularly and keeping stress levels in check can positively affect your eye health.
- **Rest Your Eyes:** Take breaks from screen time or close your eyes for a few minutes when they feel strained.

Even though life without stable housing presents many difficulties, prioritise your eye health as much as possible.

Small, consistent actions paired with knowledge can make a big difference.

Remember, diabetes blindness is often preventable.

Utilise the support of inclusive health nurses and community resources to help you navigate the path towards optimal eye health.