

Hypertension & Diabetes

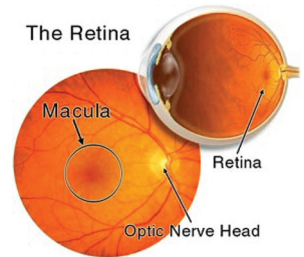
Did you know that you should have your eyes checked yearly if you have high blood pressure or diabetes?

Both high blood pressure (hypertension) and diabetes become more common as we get older. Blood vessels throughout the body become weakened with both conditions and because these diseases can go undetected for years, damage to the fragile blood vessels in the eye can occur gradually over time. Even with proper medical control, once the diagnosis has been made, these blood vessels may become leaky and affect vision.



If you have been diagnosed with high blood pressure or diabetes, you should have

a comprehensive eye examination (including dilating your pupils) yearly by an optometrist or ophthalmologist. An optometrist is qualified to examine your retina, and like most general ophthalmologists, will refer you to a retinal specialist if necessary. The retina, the light-sensing tissue in the back of the eye,



is where damage may occur due to high blood pressure and diabetes. If bleeding, leakage, or weakness of the blood vessels is noted during your examination, I will refer and often schedule the appointment with the retinal specialist prior to you leaving my office. Treatment

Please see reverse side...

 **FULL**
Spectrum
FAMILY VISION CARE

The site for your sight.

by the specialist may include lasers, medications, or injections.

The most important method for preventing vision loss and its complications associated with high blood pressure or diabetes is proper control with medications and regular visits to your primary care physician and eye doctor. You can slow the progressive damage that may occur with both of these conditions by regular monitoring of your blood pressure, blood sugar, and cholesterol, maintaining a proper diet, and avoiding smoking.

Most times, once vision loss has occurred, it is



permanent. Protect your eyesight by being active in your medical

treatment! At Full Spectrum Family Vision Care, I am dedicated to helping you keep your eyes healthy and will help you preserve your vision in any way I can by recommending the proper follow-up schedule. I recommend annual examinations (or more frequent if necessary) and may suggest pre-appointing your visit for next year. If you have any questions or concerns about your eyes or eye health, please ask me (even if it is after you have left your appointment).

**Thank you for choosing
Full Spectrum Family Vision
Care for your eye care needs!**

Heather L.
TRAPHEAGEN, O.D.