

Don't Lose Sight of Diabetic Eye Disease From Your Eye Doctor

Our records say that you last had a diabetes eye exam on _____.
This special eye exam once a year can help prevent blindness.

The American Diabetes Association and New Mexico Health Care Takes On Diabetes suggest that people with diabetes get this eye exam by an eye doctor each year.

Call us today at _____ to make an appointment.

We care about your health!

The staff at _____.

Ask Your Doctor or Nurse: "Am I Due for ...?"

- Review blood sugar log (each visit)
- Blood pressure check (each visit)
- A1C (blood sugar) lab test (every 3 to 6 months)
- Dental exam (every 6 months)
- Cholesterol test (yearly)
- Urine protein test (yearly)
- Complete foot exam (yearly)
- Eye exam (yearly)
- Teaching on healthy eating habits (every 1 to 2 years)
- Teaching on diabetes self-care (every 1 to 2 years)
- Flu shot (yearly)
- Pneumonia shot (every 5 years, may need booster)

Bring this sheet to every doctor visit!