Diabetic Retinopathy (DR) is a retinal disease and the most common cause of irreversible blindness in working-age Americans.

**IMPACT:** DR affects 7.7 million Americans and is expected to double by 2050.

- **7.7 million in 2021**
- **15.4 million by 2050**

**COMMON SYMPTOMS:**
- Blurred or distorted vision
- Difficulty reading
- Floaters or spots
- Shadow across the field of vision
- Eye pressure
- Difficulty with color perception

If you experience symptoms of DR, see a retina specialist as soon as possible.

**RISK FACTORS:** You are at greater risk if you have

- Diabetes
- Blood sugar irregularities
- High blood pressure
- Kidney disease
- High cholesterol
- Pregnancy

**SAFEGUARD YOUR SIGHT:** Take steps to reduce your risk

- Stop smoking
- Exercise regularly
- Maintain a healthy weight
- Control blood pressure, cholesterol & blood sugar
- Take medications as prescribed

Get regular dilated retina exams

For more information visit [SeeforaLifetime.org](http://SeeforaLifetime.org)

© 2021 American Society of Retina Specialists

A resource from [The Foundation](http://TheFoundation.org) American Society of Retina Specialists

With support from Allergan, Genentech, Novartis, and Regeneron Pharmaceuticals