Having diabetes puts you at higher risk of developing certain eye diseases, including glaucoma, cataracts and diabetic retinopathy. About 90% of diabetes-related vision loss can be prevented, but early detection is key.

Follow these steps now to help preserve your vision for the future

1. **Dilated Eye Exam**
   - Comprehensive dilated eye exam at least once a year.

2. **Blood Sugar**
   - Control your blood sugar.

3. **Stay Healthy**
   - Maintain healthy blood pressure and cholesterol levels.

4. **Quit Smoking**
   - Stop smoking.

5. **Exercise**
   - Maintain a regular exercise schedule.