



# Optometry & Eye Care

## Why do I need an eye exam?

Regardless of your age, all people with diabetes should see their eye doctor at least once per year for a comprehensive eye exam. This is to make sure that any diabetes-related eye problems are caught early on when they are most treatable.

## What is diabetic retinopathy?

Diabetic retinopathy is caused by high blood sugars damaging the small blood vessels inside the retina at the back of the eye. Often, this problem goes unnoticed until permanent vision loss has occurred. If caught early, damage caused by diabetic retinopathy can be prevented and even reversed.

## What happens during an eye exam?

During a comprehensive eye exam, your eye doctor will check your eyes for common eye diseases, assess your eyes' overall health, and review your prescription for eyeglasses or contact lenses, if needed.

## Is my eye exam covered by OHIP?

If you have diabetes or you are over the age of 65, you are entitled to one OHIP covered eye exam each year. Your eye doctor may recommend additional tests at an extra cost if needed.

You can get a referral to optometry services from your LMC endocrinologist. Please bring a valid health card when you come to your eye appointment. Many insurance plans cover vision care, so contact your benefits provider for further details.

**BOOK YOUR APPOINTMENT AT RECEPTION TODAY  
OR VISIT US AT OUR OPTOMETRY DEPARTMENT**

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