

# Don't Lose Sight of Diabetic Eye Disease

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 ...?"**

- Blood sugar test (each visit)
- Blood pressure check (each visit)
- A1C 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)

# Don't Lose Sight of Diabetic Eye Disease

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 your doctor today to make an appointment. When you have your eye exam, please ask your eye doctor to send us the results for our records. If you have already had your yearly eye exam, please call us and let us know.

We care about your health!

The staff at \_\_\_\_\_.

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

- Blood sugar test (each visit)
- Blood pressure check (each visit)
- A1C 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)