

After the Eye Exam:

You will receive your results and any follow-up recommendations in the mail.

It is very rare, but it is possible to develop a reaction to the eye drops. Within four to six hours of receiving the drops if you experience ...

- extreme eye pain
- loss of vision
- severe headache
- nausea and vomiting
- extreme watery eyes

... PLEASE VISIT A HEALTH-CARE PROVIDER IMMEDIATELY.

LEARN MORE ABOUT THE MANITOBA RETINAL SCREENING PROGRAM AND UPCOMING CLINIC DATES BY CALLING:

Flin Flon: 204-687-1340

Kenora: 807-467-8770

The Pas: 204-623-9650

Thompson: 204-677-1777

Winnipeg: 204-789-3552

Normal Vision:



Vision with Diabetic Retinopathy:



Early detection and treatment of diabetic retinopathy can help prevent vision problems and blindness.

ASK YOUR HEALTH-CARE PROVIDER TODAY WHEN RETINAL SCREENING IS AVAILABLE IN YOUR COMMUNITY.

DO YOU HAVE DIABETES?

Have you had your eyes checked this year?



MANITOBA RETINAL SCREENING VISION PROGRAM:

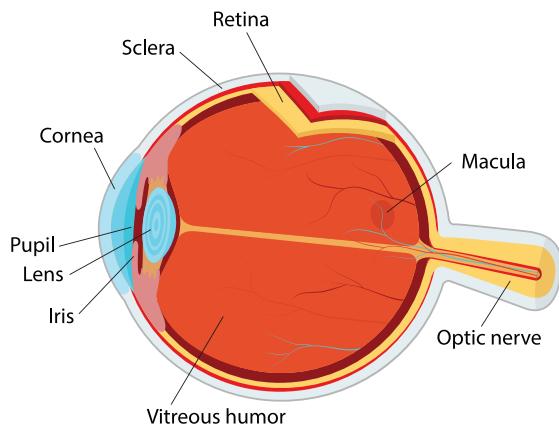
PROMOTING VISION HEALTH FOR PEOPLE LIVING WITH DIABETES WITHIN FIRST NATIONS AND NORTHERN COMMUNITIES

MANITOBA RETINAL SCREENING VISION PROGRAM

The program provides eye exams for people with Type 1 and Type 2 diabetes. We check for diabetic retinopathy (a diabetic eye disease that causes blindness) and other eye conditions such as:

- cataracts
- glaucoma
- macular degeneration

Basic Anatomy of the Eye



What is Diabetic Retinopathy?

Diabetic retinopathy is a complication of diabetes where high blood sugars damage the blood vessels of the eye and cause them to weaken and leak blood – this can lead to **blindness**.

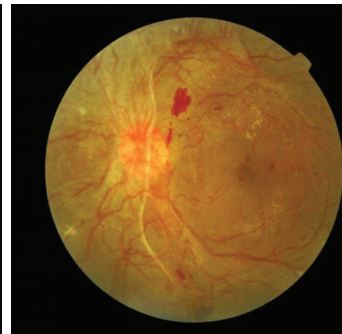
It is recommended you get your eyes screened **once a year** – or more frequently if required.

Controlling blood sugars (between 4-8 mmol/L) is also a good way to help prevent diabetic retinopathy.

Normal Retina:



Retina with Diabetic Retinopathy:



What Happens at the Eye Exam:

- Your diabetes management will be reviewed.
- Your vision will be tested.
- Your eye pressure is measured to check for glaucoma.
- You will have drops put in your eyes – **making your vision blurry** – so you will not be able to drive after your appointment.
- Photographs of your eyes will be taken. These photos will be sent to a retinal specialist for review.

Appointments are approximately 45 minutes.



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