

Did you know...

Foods for healthy eyes include vegetables, nuts and fruits of many colors, such as red bell peppers for Vitamin C; cauliflower, papayas and strawberries for Vitamins A and E; and sunflower seeds, nuts and almonds, peanuts and peanut butter, and hazelnuts for Vitamin E to slow down macular degeneration.

Kale, spinach, and collard greens contain Vitamins C and E to lower the risk of long-term eye disease.

Sweet potatoes, carrots, cantaloupe, mangos and apricots are high in beta-carotene and Vitamin A, which help improve your night vision.

Broccoli and Brussels sprouts are high in Vitamins A, C, and E, and are valuable anti-oxidants.

^Vision (From Previous Page)

There is no cure for either type 1 or type 2 diabetes.

Symptoms of both include increased thirst, frequent urination, extreme hunger, unexplained weight loss, fatigue, irritability, blurred vision, slow-healing sores, and frequent infections.

In the eyes, diabetes can damage the blood vessels of the retina, potentially leading to blindness. Diabetes also increases the risk of other eye conditions, including cataracts and glaucoma. Diabetics, no matter which type, should have a comprehensive dilated eye exam at least once a year.

Some of the diseases, particularly diabetic retinopathy, have few or no early symptoms and can only be detected in a dilated eye exam.

Symptoms of diabetic retinopathy can include trouble reading or seeing far away. As blood vessels in the retina start to bleed into the fluid in the eye, diabetics may see dark, floating spots or streaks that look like cobwebs. If not treated properly, the bleeding can happen again or cause scarring in the eye.

Diabetics can also prevent eye damage by managing their diabetes well.

We are able to take better control of diabetic health and limit the potentially devastating effects of either type 1 or type 2 diabetes by staying physically active, eating healthily and taking medications as directed. When it comes to our vision, we must be attentive to some of our most valuable organs and have them tested regularly.



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