

Don't lose sight of diabetic eye disease, lower your risk with annual exams

American Indian adults could be at risk of vision loss from complications of diabetes

Diabetes affects nearly 26 million people in the United States. In addition, another 79 million people are estimated to have pre-diabetes, a condition that puts people at increased risk for diabetes.

All people with diabetes, both type 1 and type 2, are at risk for diabetic eye disease, a leading cause of vision loss and blindness.

"The longer a person has diabetes, the greater is his or her risk of developing diabetic eye disease," said Dr. Suber Huang, chair of the Diabetic Eye Disease Subcommittee for the National Eye Institute's (NEI) National Eye Health Education Program. "If you have diabetes, be sure to have a comprehensive dilated eye exam at least once a year. Diabetic eye disease often has no early warning signs, but can be detected early and treated before noticeable vision loss occurs."

Diabetic eye disease refers to a group of eye problems that people with diabetes can face as a complication of the disease and includes diabetic retinopathy, cataract and glaucoma.

Diabetic retinopathy, the most common diabetic eye disease, is the leading cause of blindness in adults 20-74 years of age. According to NEI, 4.1 million people have diabetic eye disease and its prevalence is projected to increase to 7.2 million by 2020.

While all people with diabetes can develop diabetic eye disease, American Indians/Alaska Natives, African Americans, Hispanics/Latinos and older adults with diabetes are at higher risk of losing vision or going blind from it.

All people with diabetes should have a dilated eye exam at least once a year to detect vision problems early. In fact, with early detection, timely laser surgery and appropriate follow-up care, people with advanced diabetic retinopathy can reduce their risk of blindness by 90 percent.

Clinical research, supported in part by NEI, has shown that maintaining good control of blood sugar, blood pressure and cholesterol can slow the development and progression of diabetic eye disease. In addition to regular dilated eye exams, people with diabetes should do the following to keep their health on **TRACK**:

- Take your medications.
- Reach and maintain a healthy weight.
- Add physical activity to your daily routine.
- Control your blood sugar, blood pressure and cholesterol.
- Kick the smoking habit.

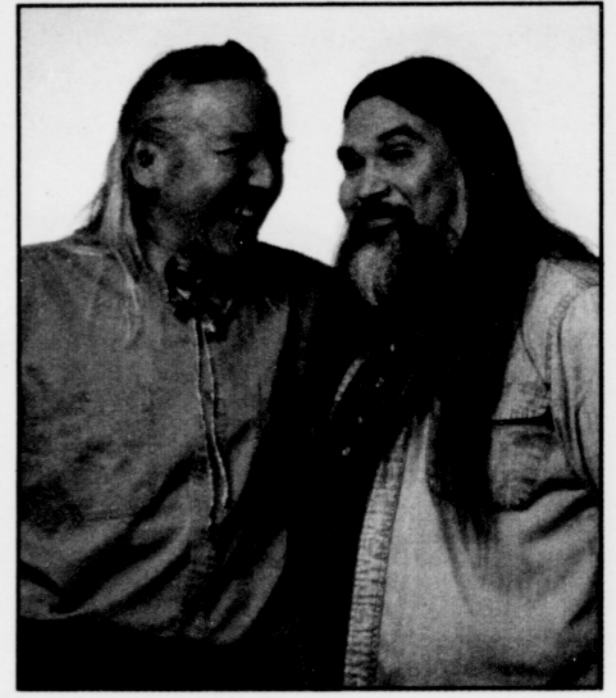
"Don't lose sight of diabetic eye disease," added Dr. Huang. "Don't wait until you notice an eye problem to have an exam because vision that is lost often cannot be restored."

For more information on diabetic eye disease and tips on finding an eye care professional or financial assistance for eye care, visit nei.nih.gov/diabetes or call NEI at 301-496-5248.

The National Eye Institute, part of the National Institutes of Health, leads the federal government's research on the visual system and eye diseases. NEI supports basic and clinical science programs that result in the development of sight-saving treatments.

For more information, visit nei.nih.gov.

The National Institutes of Health is the nation's medical research agency. It includes 27 institutes and centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical and translational medical research and is investigating the causes, treatments and cures for both common and rare diseases.



For more information about NIH and its programs, visit nih.gov.

Help Tribal youth by becoming a volunteer for Prevention Program

If you are interested in volunteering with the Prevention Program, here are some specific guidelines:

- Apply to be a Tribal Prevention volunteer at Human Resources. This will include agreeing to a criminal background check and a drug screen.
- Attend an orientation with Prevention staff to learn about ethics and program policies and procedures. A volunteer training program will be developed.
- For those with previous problems of alcohol/drugs, at least one year of living a clean and sober lifestyle is required.
- Participate in making a prevention video/DVD.
- All people to be filmed must sign an agreement to be filmed.
- The Tribal general manager and Tribal Council must approve of the final cut before it's released for public viewing.

Any question regarding this process, please contact Jenifer Metcalf, Prevention coordinator, at jenifermetcalf@ctsi.nsn.us or 800-600-5599 or 541-444-9618.

Siletz Diabetes Talking Circle 2011-2012

Third Thursday of every month, 12:00-1:30
At Tillicum Fitness Center, 1016 West Buford, Siletz

Please come if you have diabetes or want to help control or prevent diabetes in your family! Free lunch is followed by roundtable and special speakers:

- September 15, 2011—Gene Moe, PT, Physical Therapist
Incorporating Exercise in Your Daily Activities
- October 20—George Nagel, LCSW, Mental Health Specialist
Mental Health and Diabetes
- November 17—Lisa Taylor, FNP, Medical Officer
What to Expect from Your Diabetes Care
- December 15—Megan Saxton, DMD
Dental Health and the Systemic Relationship
- January 19, 2012—Warren Sparks, MD
Vasculopathy
- February 16—Lindy Taylor, MD, Community Health Director
Foot Care and Skin Care
- March 15—Sky Schroeder, Optometrist
Diabetic Retinopathy

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement: We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.

Nov. 2 • Noon
Behavioral Health Conf. Room Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz

Topics to be discussed:
Networking for a healthier community and prescription drug take-back sites

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment and Women's Transitional

Siletz: 800-600-5599 or
541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512



Narcotics Anonymous Toll-Free
Help Line – 877-233-4287

For information on Alcoholics
Anonymous: aa-oregon.org