



WHAT'S NEW

Eye on Diabetes:

November is National Diabetes Awareness Month

November is National Diabetes Awareness month, and it's a great time to raise awareness about the risk of developing type 2 diabetes. The statistics are staggering: according to the Centers for Disease Control and Prevention, **18.8 million** children and adults in the United States—8.3% of the population—have diabetes. An even scarier stat: **7 million** more people are estimated to have diabetes, but don't even know it. Given these numbers, and the costs associated with diabetic disease, it's easy to see why diabetes has become such a hot topic.

So here's another fact: did you know that diabetes and pre-diabetes can be [detected](#) through an eye exam? Yes, it's true. The tests that your eye doctor administers during a routine exam give your doctor a unique window into your overall health. In some cases, eye doctors have actually saved the eyesight of patients who were unaware that they were in danger of losing their sight due to [diabetic retinopathy](#), a side effect of diabetes.

Wondering about your risk for developing diabetes? The American Diabetes Association offers this quick online [test](#) to assess your risk. Ready for your eye exam? [Locate](#) a VSP doctor and make your appointment today. Looking for more eyecare information for you and your family? Visit the [Eye Care Information](#) section of [vsp.com](#) for articles, tips and special offers for VSP members only.

MONTHLY OBSERVANCES

November 2012 – Diabetes Awareness Month

[Diabetes Discovery-Via the Eyes](#)

Eye doctors can easily see the first signs of diabetes through their patients' eyes. In this case, the patient had no idea she had the disease, until her optometrist spotted it during a routine eye exam.

December 2012 – Computer Vision Syndrome Month

[Combat Computer Vision Syndrome](#)

Tired eyes, headaches, and neck pain—your body's telling you it's tired of looking at the computer screen. Learn six simple ways to help minimize the impact of Computer Vision Syndrome.