

Dear KC-CDC: I've had diabetes for about ten years, but I feel just great. I keep hearing that many people with diabetes have eye problems but I just had a vision screening at a health fair in my neighborhood and my eyes checked out just fine. Is there anything else I should do?

Signed Healthy as Can Be

Dear Healthy As Can Be: Anyone with diabetes should have a complete eye exam once a year, unless suggested otherwise by your ophthalmologist, an eye specialist. Your doctor will complete a dilated eye examination which can't be done during a screening. This will allow him or her to get a full view of the retina, the part of the eye most often affected by diabetes. Your doctor may detect changes in the retina before you do, and will recommend the right course of action. If treatment is needed, timing can be critical for stopping the progression of damage to the eye and, ultimately, to your vision. For more information, please call 816-421-5848, or go to www.alphapointe.com.