

VOCATIONAL REHABILITATION SERVICES

ARE YOU AT RISK FOR BLINDNESS?

TEXAS
WORKFORCE SOLUTIONS



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ONE PAIR

NO SPARE

PREVENT BLINDNESS

Are You At Risk for Blindness?

Take this easy “Eye-Q Test.” If you answer yes to any question, please see an eye care professional.

- You are age 45 or older?
- You have diabetes?
- You are African American and over age 40?
- You are Hispanic?
- You have high blood sugar?
- You are more than 20% over your ideal weight?
- You get limited physical exercise?
- Other family members have diabetes?
- Other family members have glaucoma?

Silent Stalker

There is usually no pain. No symptoms. Seldom any change in vision. At first.

Blindness caused by diabetic eye disease and glaucoma strikes thousands of Texans every year without any warning at all.

Diabetic Eye Disease and Glaucoma

- Diabetic eye disease and glaucoma have no symptoms. Regular checkups are important for early detection and timely treatment. An eye exam through dilated pupils is the best way to diagnose glaucoma and diabetic eye disease.
- Diabetic retinopathy, cataracts and glaucoma are all complications of diabetes and can cause severe vision loss or even blindness.
- Studies show that people with diabetes who carefully manage their blood sugar levels can slow the onset and progression of diabetic retinopathy.
- Vision loss from glaucoma is permanent. However with early detection and treatment, blindness may be prevented. Once diagnosed by an eye doctor, glaucoma can often be treated with eye drops.

GET AN ANNUAL EYE EXAM

- In some cases, laser surgery is used to treat glaucoma and diabetic retinopathy.

If you have a question, please see an eye care professional.

Reminder:

When you renew your driver's license, you can donate \$1 to prevent blindness.

Your TWS-VRS Office

To locate your Texas Workforce Solutions-Vocational Rehabilitation Services (TWS-VRS) office, visit: www.texas-workforce.org/find-locations

For more information, call **800-628-5155**.



**TEXAS WORKFORCE SOLUTIONS –
VOCATIONAL REHABILITATION SERVICES**

101 East 15th Street
Austin, Texas 78778-0001
800-628-5115

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Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities.

Relay Texas:

800-735-2989 (TTY) and 711 (Voice)

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