

# Tips for Everyday Living

What can managing your Diabetic Macular Edema (DME) look like? Check out these life and health tips to learn how you can help prioritize your vision and overall health and wellness.



### Travel Safely<sup>1</sup>

The blurriness and blind spots caused by DME can impact your ability to drive. Consider asking a loved one to help you get around. Organizations such as **Rides In Sight\*** provide information on transportation options to people with low vision.



### Step It up Outside the Gym<sup>1,2</sup>

Try increasing your physical activity by participating in hobbies that keep you moving, or join a friend on a walk that gets you out in the neighborhood.



### Go Smoke Free<sup>3</sup>

Smoking is a risk factor for DME. Prioritize your vision and overall health by quitting today.



### Portion Control<sup>1,4</sup>

Eat quantities of food in moderation, and make sure you are aware of recommended serving sizes.



### Healthy Carbs & Good Fats<sup>1,4</sup>

Not all carbohydrates and fats are created equal. Make sure you emphasize healthy foods, such as leafy green vegetables, berries, whole grains, legumes (various beans and peas), and omega-3 rich foods in your diet. Try to focus on food options that can help keep your blood sugar levels under control.



### Be Realistic & Keep Track<sup>5</sup>

Setting specific, measurable goals may help keep you on track for success. Try keeping a journal of your exercises, what you eat, and your accomplishments to create a record of your progress.

\*Rides In Sight is not affiliated or related to Regeneron. Regeneron does not influence or control the operations of Rides In Sight and cannot guarantee assistance will be provided. Rides In Sight is not an emergency service. If you have an emergency, call 9-1-1.

This resource is for informational purposes only and is not meant to replace a physician's medical advice.

**References:**

1. Facts about diabetic eye disease. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/2j1o08K>. Accessed November 17, 2017.
2. Types of activity – what we recommend. American Diabetes Association (ADA) Web site. <http://bit.ly/1wuKc6N>. Accessed November 17, 2017.
3. Smoking and eye disease. American Academy of Ophthalmology (AAO EyeSmart) Web site. <http://bit.ly/2ievFOY>. Accessed November 17, 2017.
4. 4 steps to manage your diabetes for life. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases Web site. <http://bit.ly/2kVS6GM>. Accessed November 17, 2017.
5. Diabetes goal tracker mobile app. American Association of Diabetes Educators (AADE) Web site. <http://bit.ly/2A7kgu8>. Accessed November 17, 2017.
6. Low vision aids and low vision rehabilitation. American Academy of Ophthalmology (AAO EyeSmart) Web site. <http://bit.ly/2ewn7hL>. Accessed November 17, 2017.
7. Tips for living life to its fullest: tips for low vision. American Occupational Therapy Association (AOTA) Web site. <http://bit.ly/2d8lilq>. Accessed November 17, 2017.
8. Tips for making print more readable. American Foundation for the Blind Web site. <http://bit.ly/28VgWEv>. Accessed November 17, 2017.

## Tips for Everyday Living (continued)



### Ease Your Eyes

Ease some of the burdens on your eyes with some simple adjustments in your daily activities and in your home:

#### + Sun Protection<sup>6</sup>

While outdoors, keep a hat with a visor and tinted anti-glare sunglasses on hand to offer your eyes protection against harmful UV light.

#### + Reading Tips<sup>6,7,8</sup>

Having trouble reading? Try using a magnifying glass, purchasing large print books, or increasing the type size or contrast level on your computer, cellphone, or e-reader.

#### + Use Bright Lighting<sup>6,7</sup>

Consider installing bright lights throughout your home. Visit a lighting store to determine which type of bulb is best for you.

#### + Use Colors & Labels<sup>6,7</sup>

Organize your living spaces with labels and colors to help you more easily find items at home or wherever else you spend a lot of time.

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2. Types of activity – what we recommend. American Diabetes Association (ADA) Web site. <http://bit.ly/1wuKc6N>. Accessed November 17, 2017.
3. Smoking and eye disease. American Academy of Ophthalmology (AAO EyeSmart) Web site. <http://bit.ly/2levFOY>. Accessed November 17, 2017.
4. 4 steps to manage your diabetes for life. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases Web site. <http://bit.ly/2kVS6GM>. Accessed November 17, 2017.
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