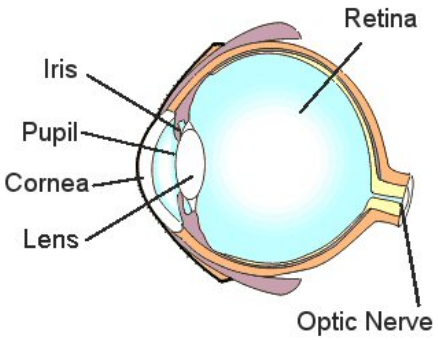
Scotoma
(Blind Spot)

A scotoma is a dim or totally black area in your vision. The areas around the dim or black spot may have normal vision.

Regular eye checkups are important. They should be done once a year if you are over age 65. You should get your eyes checked more often if:

- You have diabetes.
- You are already showing early signs of eye problems from diabetes, high blood pressure, or other causes.



HOME CARE

- Wear sunglasses to protect your eyes.
- **Do not** smoke.
- Limit how much alcohol you drink.
- Ask friends and family for help.
- Keep your blood pressure and cholesterol under control.
- Keep your blood sugars under control if you have diabetes.
- Eat green leafy vegetables.
- **Do not** drive at night. Use public transportation.
- Get good glasses.
- Get rid of throw rugs and other tripping hazards.
- Do not let your vision problem keep you from interacting with people.

GET HELP IF:

- Any of your symptoms get worse.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help if you are not doing well or get worse.

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