

A woman with dark hair, wearing a light pink top, is holding two large, light blue, 3D-style numbers '30' in front of her. She is standing outdoors in front of a residential building with multiple windows. The background is slightly blurred. The top of the image features a blue and orange curved graphic element.

be in the
know

More than **30 people a week**
develop sight loss because
of diabetes.

But by knowing what to look out for, it can be prevented.

Find tips on how to prevent eye complications, tailored to you.

Know your risk and save your sight by going to:

www.diabetes.org.uk/bitk-eyes