



# EYE HEALTH SCREENING INITIATIVE

**EYE TIPS** Earlier You Examine = Treatment = Increased Prevention of Sight Loss

## Diabetes and Vision Health



**VISION LOSS  
REHABILITATION**  
CANADA





The Indigenous Diabetes Health Circle (IDHC) and Vision Loss Rehabilitation Canada (VLRC) have partnered with Indigenous community service providers to increase access to Diabetic Retinopathy Screening.

## How does the 15-Minute EYE TIPS Screening Work?

This innovative program uses a portable camera to take images of each eye. These images are uploaded and analyzed by software approved by Health Canada. Following the screen, an electronic report will indicate a positive or negative screening result. **This is a screening tool - not a diagnosis!**

Your community service provider will send all positive screens to Vision Loss Rehabilitation Canada. Positive screens will be referred to the program's Ophthalmology partners for review, confirmation and follow-up care. Vision Loss Rehabilitation Canada will provide referrals to additional services as needed.

## What is Diabetic Retinopathy?

Diabetic retinopathy occurs when there are increased levels of sugar (glucose) in the blood, that can cause the blood vessels in the eye to swell and leak fluid into the retina. New blood vessels may also grow and causing further damage. If left untreated, diabetic retinopathy can cause blurry vision, floaters and blindness.

## How common is Diabetic Retinopathy?

Nearly all individuals living with Type 1 diabetes and 60% of individuals living with Type 2 diabetes will develop some form of Diabetic Retinopathy within the first 20 years after the onset of diabetes.

## Can vision loss from Diabetic Retinopathy be prevented?

Diabetic Retinopathy may not have any symptoms at first - but finding it early can help you take steps to protect your vision. Keeping yourself physically, mentally, emotionally, spiritually and nutritionally balanced is a way to honour your eye health. With early detection, treatment is often very successful and can prevent further eye health damage.

**Don't wait, get your screening today!**

*“It is an honour to recognize our sacred gifts, especially our eyes. Because it is our history, our recording of our history. And I want to keep continuing to record the history of our people and of our Mother, the Earth.”*



*- Elder, Grandmother Renée Thomas-Hill*

If you have questions regarding the program, process or results of your screen please contact:

Indigenous Diabetes Health Circle  
Email: [eyehealth@idhc.life](mailto:eyehealth@idhc.life)

Vision Loss Rehabilitation Canada  
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Community Provider Contact Information



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