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401 Wheelabrator Way
Milton
Telephone (905) 875-1662
Fax (905) 875-1675



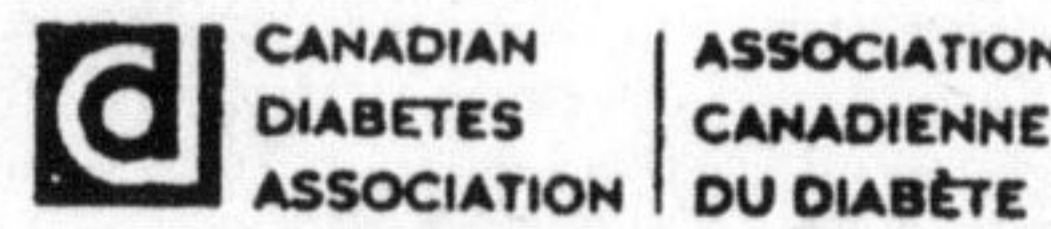
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**"I'm doing okay, but I
wish I didn't have
diabetes.
The people at CDA make
it easier."**

Jody, aged 10



HELP SOMEONE YOU KNOW.
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www.diabetes.ca

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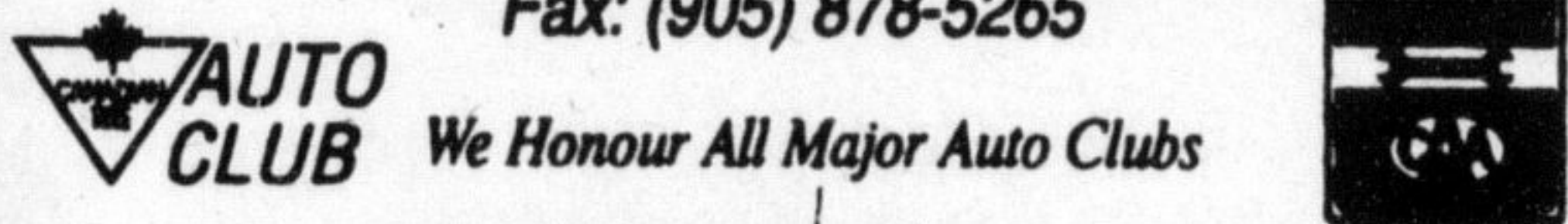
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ATTENTION DIABETICS

OPTOMETRISTS MAKE NOVEMBER 21 DIABETES DAY

Optometrists all across Ontario are reserving November 21st to perform eye-health assessments for diabetics, because they are concerned that diabetic patients are not aware they are at risk for blindness. On this day, the Optometrists will include complimentary assessments for diabetic patients who are not insured.

50% of diabetics risk losing their sight through diabetic retinopathy (bleeding in the retina), a condition which the diabetic cannot detect alone as it causes no pain. Early detection and treatment are crucial; up to 90% of patients with diabetic retinopathy can be prevented from going blind, provided that the problem is diagnosed in time. The Canadian Diabetic Association's manual officially recommends that diabetics get annual Optometric testing - but many diabetics do not realize this.

Over 100 Optometrists will be participating in Diabetes Day, which is coordinated by the Ontario Association of Optometrists and is part of the Canadian Diabetic Association's Diabetes Month. Family doctors, hospitals and diabetes clinics should refer diabetic patients to their local Optometrist, who will perform a full retinal exam, using eye drops to dilate the pupils and examine the retina. Optometrists hope that this initiative will raise diabetic patients' awareness of the need to receive regular eye health assessments - not just on Diabetes Day.

For further information, or for an appointment, please contact Dr. Susan Jany and her associate, Dr. Trisha Beal at 876-4649.

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