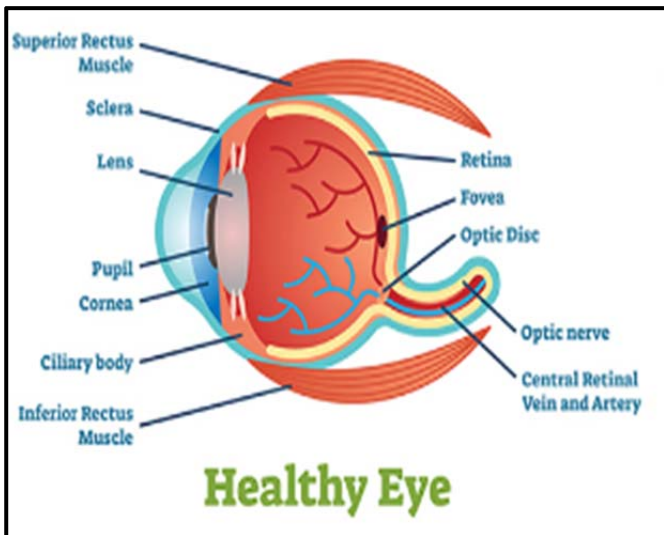
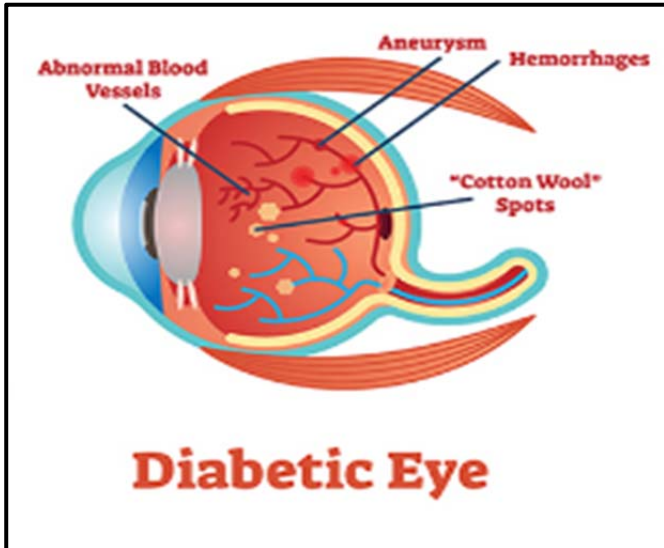


THE DOCTORS ARE IN

NOW EYE SEE:

If you have diabetes, be proactive about your eye health. If all possible, plan to see eye doctor soon. High blood sugar can lead to problems like blurry vision, cataracts, glaucoma, and retinopathy. In fact, diabetes is the primary cause of blindness in adults ages 20 to 74.



Sources:

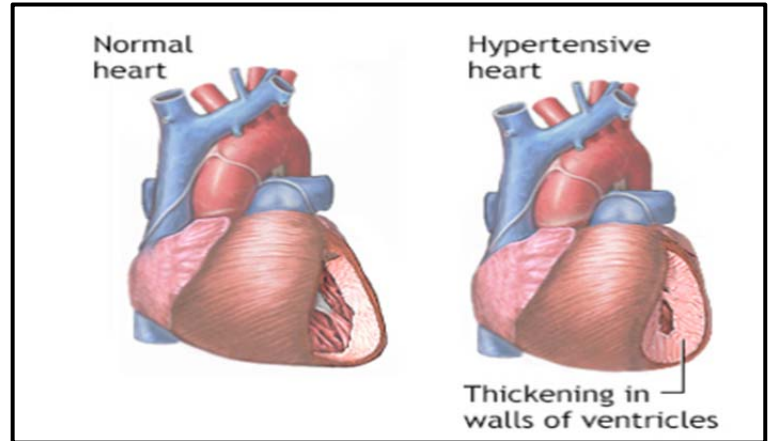
The Glaucoma Research Foundation: "Diabetes and Your Eyesight."

Centers for Disease Control and Prevention: "Take Charge of Your Diabetes."

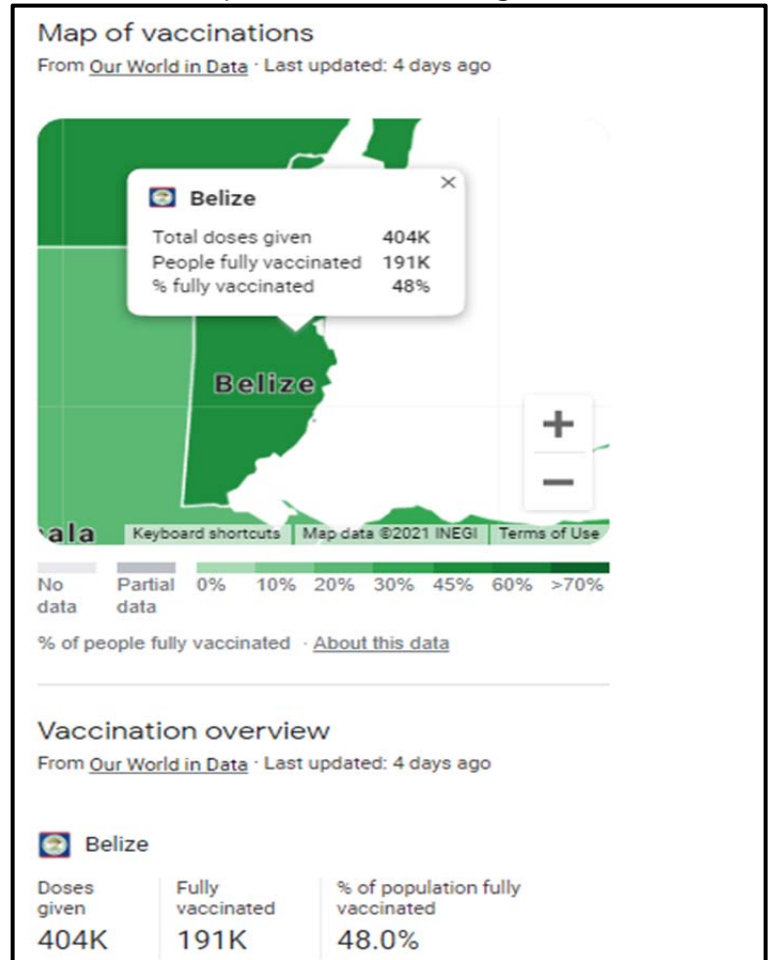
Need for Eye Exams: A full yearly checkup can help find problems early when they're easier to treat and that could save your vision. **When to see the doctor-** these systems can signal an emergency- black spots in your vision, flashes of light and blurred vision.

Hypertensive Heart Disease:

Hypertensive heart disease refers to heart problems that occur because of high blood pressure that happens over a long time. Hypertension is a disorder characterized by consistently high blood pressure. **Source: mounsinai.org**



Share of People Vaccinated against Covid-19



THIS ISSUE:

Diabetes and Your Eyesight

Hypertension Heart Disease

Share of People Vaccinated against Covid-19 (Belize)

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Sources: Our World in Data (Ourworldindata.org)



Thank you for Keeping our Community Safe!!

