

*Good nutrition
and healthy vision
help our Elders
weave lasting
traditions*



Yearly comprehensive eye exams can help prevent blindness

The numbers tell the story

- People with diabetes are 25 times more likely to become blind than the general population
- 1 in 5 Aboriginal people in Canada now live with diabetes
- 80% of the vision loss from diabetes is preventable



*Talk to your community health provider or nurse
for information about having an eye examination*

Contact the Canadian Association of Optometrists
for an eye doctor in or near your community

1 888 263 4676 www.opto.ca

A vision and eye health message from the Vision Institute of Canada in partnership with:



NATIONAL COLLABORATING CENTRE
FOR ABORIGINAL HEALTH
CENTRE DE COLLABORATION NATIONALE
DE LA SANTÉ AUTOCHTONE

The Canadian
Association of
Optometrists



L'Association
canadienne des
optométristes

VISION
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