



# Eye to Eye Monthly Newsletter



[www.kleinsorgeeyecare.com](http://www.kleinsorgeeyecare.com)

## November is Diabetic Eye Disease Month

### Eyes on Diabetes.

On November 14, global awareness is directed toward Diabetes Day. It was first introduced in 1991 in response to the alarming rise of diabetes around the world.

Did you know that:

- 1 in 2 adults with diabetes are not diagnosed!
- Screening for Type 2 diabetes is important for early diagnosis and treatment
- Up to 70% of type 2 Diabetic cases can be prevented with healthier lifestyle changes
- In 2015 there were 415 million adults had diabetes
- By 2040, this number will rise to 642 million- that's 1 in every 10 adults!

### Diabetic Eye Disease.

Diabetic Eye Disease is comprised of a group of eye conditions including diabetic retinopathy, diabetic macular edema, cataract and glaucoma. All have the potential to cause severe vision loss and blindness.

#### *Steps you should take:*

- Get a comprehensive dilated eye exam at least once a year
- Control your blood sugar, blood pressure and cholesterol
- Quit smoking
- Exercise

#### Important November Dates

- 11/4 Daylight Savings Time Ends
- 11/6 Election Day
- 11/12 Veteran's Day
- 11/22 Thanksgiving Day

### Highlight on Dr. Kleinsorge

Dr. Kleinsorge grew up in Bethlehem, Pa. He went to Freedom High School, Kutztown State University and New England College of Optometry in Boston. He has been practicing medicine since 1991. He is a United States Air Force Veteran, where he served as an officer for 3 years. He is an outdoor enthusiast. He is married and has 5 children and 6 grandchildren. He is active in the community and his church. This medical practice has been his dream come true!

