



Importance of eye health

You need quality eye care

Chances are you will enjoy everything you do and the world around you much more if your eyes are healthy and you have good vision.

For this, you need comprehensive eye care on a regular basis.

The eyes are the true windows into one's health, as the eye is the only place in the body where a doctor can have a clear view of our blood vessels, nerves and connective tissue. During a comprehensive eye exam, doctors of optometry not only evaluate vision issues and eye disease, but also can identify early warning signs and manifestations of hundreds of diseases including, but not limited to, diabetes, hypertension and cancer.

Many eye diseases have no early symptoms. They may develop painlessly, and you may not notice the changes to your vision until the condition is quite advanced.

What to expect during an in-person, comprehensive eye exam

During your visit to your doctor of optometry, be prepared to answer questions about your eye and general health history, medications and personal practices. Your doctor will use a variety of sophisticated instruments, often aided by diagnostic eyedrops, to thoroughly examine your eyes.

Your doctor will address:

- Your ability to see clearly at near and far distances
- Your ability to change focus efficiently and comfortably
- Your ability to use both eyes as a team

- Eye diseases such as glaucoma, cataracts and macular degeneration
- General health conditions such as diabetes and high blood pressure that often can be detected in the eyes and affect vision
- Any visual deficits or impairments and appropriate clinical treatment options

Eye treatment to meet your needs

- Your doctor of optometry considers factors such as the severity of your condition; your age; your occupational, recreational and learning needs; and your general health. Vision changes occur as you get older, but these changes don't have to affect your lifestyle.
- Wise lifestyle choices, regular eye exams and early detection of disease can significantly improve your chances of maintaining good eye health and vision as you age.
- VISION USA, a program of Optometry Cares® - The AOA Foundation, provides a public listing of charitable eye and vision care resources that may be able to assist disadvantaged populations. For more information or to locate a charitable program in your community visit: <http://www.aofoundation.org/vision-usa/>
- Access additional educational resources and more at: ThinkAboutYourEyes.com

Did You Know?

- Cigarette smoking is a risk factor for cataract and age-related macular degeneration
- Exposure to UV radiation, including sunlight, is a risk factor for disorders of the eye
- Visual field defects are a risk factor for falls

To find a doctor of optometry near you, visit: <https://www.aoa.org/DoctorLocator> or call 800.365.2219

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