



Save Your Vision Month

Eye health is linked to overall health. Your eyes can tell a lot about your general health. Did you know that some diseases, especially diabetes, can be often detected during a comprehensive eye exam? Since over 33% of people with diabetes don't know that they have it, an eye exam can be the only clue to detecting this potentially life-threatening disease. By dilating the pupil, changes to the blood vessels can be seen in various stages of diabetic retinopathy. Left untreated, it can cause blindness. For those suffering from diabetes without knowing it, the detection and treatment of this disease can mean relief on many levels.

Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without the patient ever experiencing any symptoms. During an eye exam, your eye is measured for pressure and the optic nerve is examined to determine the existence of glaucoma.



Good eyesight plays an important role in enjoying life. Don't take your vision for granted:

- **Schedule regular eye examinations, regardless of your age or health**
- **Eat a healthy, balanced diet that includes foods that are rich in antioxidants**
- **Wear protective eyewear when playing sports or when doing any activity in which objects may be hurled toward your eye, such as mowing the lawn**
- **Wear sunglasses that block out ultraviolet light when you are in the sun**
- **If you are diabetic, take all your medications and follow your physician's dietary advice**
- **If you start at a computer for long periods of time, take regular breaks to minimize fatigue**
- **Discuss any family history of blindness with your eye care provider**
- **Do not smoke and avoid subjecting your eyes to second-hand smoke, exhaust fumes or other polluted air**
- **Infants and toddlers should be screened for common childhood eye problems during their regular pediatric appointments**
- **Vision testing is recommended for all children starting at around 3 years of age**

How long has it been since your last eye exam?
It may be time to see your eye care professional!