

Regularly Scheduled Eye Exams Can Detect Health Conditions

Don't Forget to Use Your Vision Benefits

Regular examinations from an eye care professional not only help ensure healthy vision, but can help lead to overall good health.

Comprehensive eye exams can often be early indicators of common health conditions, including diabetes, high blood pressure, and even tumors. Early detection plays a crucial role in providing preventative measures and reducing overall healthcare costs. The following eye health statistics illustrate the importance of regular eye care:

- Over 75% of the U.S. population between age 25 and 64 require some form of vision correction.¹
- A recent study found that blurred vision causes more hardship in people's daily lives than a history of major illness such as diabetes, high blood pressure and heart attack.²
- More than 28 million Americans over age 40 have eye ailments that put them at risk for vision loss and blindness, researchers warn the numbers will surge as the population ages.⁴
- Cataracts are the leading cause of blindness worldwide and the leading cause of poor vision in the U.S., affecting an estimated 20.5 million American adults.⁵ The American Optometric Association recommends getting an eye exam on a schedule depending on your age:

AGE GROUP	FREQUENCY
Infants and Children	By 6 months of age; at 3 years of age, before starting first grade, and every 2 years thereafter
18 years to 40 years	Every 2-3 years
41 years to 60 years	Every 2 years
61 years and older	Every year

An eye exam can help detect signs of diabetes and glaucoma, in addition to diagnosing any other vision impairments you may not know you have. **Don't forget the importance of your annual eye exam.**

Source:

- (1) Vision Council of America 2005. (2) All About Vision 2005.
 (3) American Foundation for the Blind 2005. (4) Arch. Ophthalmol. 122:546-551, 2004 APR. (5) National Eye Institute and Prevent Blindness America

