



Get an Eye Exam

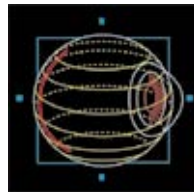
Why Get an Eye Exam?

3/4ths of all visual impairment is preventable or treatable!

Improve your chances! The sooner a problem is identified, the quicker it can be corrected. Get your family's eyes tested because:

- **Young children** stand a better chance of avoiding vision problems like amblyopia ("lazy eye"), if they are examined early.
- **Glaucoma** runs in families and is more common in people of African ancestry (black Americans). Early diagnosis can save your vision.
- Diabetes often leads to **diabetic retinopathy**. It can be treated effectively if diagnosed in time.
- Eyesight changes, so for **best vision** get an eye exam on a regular basis or when sudden changes occur.
- Cataracts, glaucoma, and age-related macular degeneration are more of a problem for **seniors**. Cataract can be treated, and there are new treatments for Age-related Macular Degeneration (AMD).

based at
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**Schepens
 Eye Research
 Institute**



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A message from:



When Should I Visit an Eye Doctor?

Young children

- Vision exam at birth, 6 months, 3 and 5 years by the pediatrician, ophthalmologist or optometrist.

Older children, teens, and young adults

- Only if there are problems, such as diabetes, eye injury or pain, a change in vision, or the need for eyeglasses.

In middle age (40-60 years old)

- At age 40, **IF** you are symptom-free, healthy and without a history of eye disease, the initial eye exam should include an examination of the inside of the eye, using eye drops to open the pupil (dilated eye exam).
- After that, get checkups from an eye care professional (ophthalmologist or optometrist) at least every 2-4 years.
- **IF** you have diabetes or an autoimmune disease, be under the care of an eye doctor.
- **IF** you are of African ancestry (black American, Caribbean, etc.) you need a dilated exam at least every 2 years. (You may be at higher risk of glaucoma.)
- **IF** you have a family history of any serious eye disease, follow your eye doctor's advice on how often you need to be examined.

All Seniors (over 60)

- Thorough, dilated eye exam at least every 2 years.

For more on eye exams and eye diseases, click on a links below:

www.womenseyehealth.org

www.schepens.harvard.edu

www.lionsclubs.org

www.healthyvision2010.org

www.nei.nih.gov/health

To locate an eye doctor, click on one of these links:

www.aoa.org

www.eyecareamerica.org

www.nei.nih.gov/health/findprofessional.asp



Most blindness and vision loss is preventable or treatable.