

Vision Health: Keeping an Eye on your Vision



Do you remember to schedule an eye exam appointment in addition to annual appointments to your primary care physician, gynecologist, or dentist? All appointments are important for your overall health.

Annual eye exams are oftentimes forgotten, and people do not receive the recommended screenings and exams, but your vision is important. Vision correction is required for about 11 million Americans over the age of 12. Although vision correction is not the ultimate reason for an examination preserving your vision and identifying eye diseases are key reasons to do so.

Oftentimes, there are no early warning signs for common vision problems. An eye care professional can prescribe corrective eyewear, medication, or surgery to minimize vision loss if a problem is detected.

Healthy vision can help keep people safe to complete day-to-day tasks from the time you wake up until the time you fall asleep. We must ensure that we are able to operate vehicles, work on the computer, participate in your favorite hobby and numerous other tasks.

When an eye exam is performed an eye care professional is testing visual acuity (sharpness), depth perception, eye alignment, and eye movement. Sometimes an eye doctor may even be able to identify conditions such as high blood pressure or diabetes before the primary care physician identifies the conditions.

Vision exams should begin as early as 3 years of age and continue throughout life about every 2 years unless specified by your eye care specialist.

Here are five ways to protect your vision:

1. Schedule regular eye examinations.
2. Eat a healthy well-balanced diet and maintain a healthy weight.
3. Understand and know your family's eye health history.
4. Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
5. Quit smoking or do not start.

<https://www.healthypeople.gov/2020/topics-objectives/topic/vision>