

### HEALTHY VISION

Preventive eye care is important to everyone because eye conditions and diseases that can destroy your and your family's healthy vision can strike at any time in life, from newborn to old age. Read below for suggested guidelines on when you and your family should have your eyes checked.

Infants and toddlers should be screened for common eye problems, such as strabismus (crossed eyes) and amblyopia (lazy eye) during their regular pediatric appointments. Vision testing is recommended for all children starting at around 3 years of age.

Most children and teenagers have healthy eyes, but they still need to take care of their vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals or taking part in other activities that could cause an eye injury.

Even young adults and middle-aged individuals can be affected by eye problems, so preventive measures should be taken to detect eye diseases early and to protect eyes from injury. These individuals should have a complete eye exam at least once between the ages of 20 and 29, at least twice between the ages of 30 and 39 and every two to four years between the ages of 40 and 65.

Seniors over age 65 should have a complete eye exam by their Eye M.D. every one to two years for cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other eye conditions.

The suggested examination guidelines are:

- Ages 0 to 2: screening during regular pediatric appointments
- Ages 3 to 5: screening every 1 to 2 years during regular primary care appointments
- Ages 6 to 19: schedule examinations as needed
- Ages 20 to 29: one examination
- Ages 30 to 39: two examinations
- Ages 40 to 65: examination every 2 to 4 years
- Ages 65 and over: examination every 1 to 2 years

But check with your Eye M.D. to see how often you should have a complete eye exam if any of the following risk factors affect you:

- History of eye injury
- Diabetes
- Family history of eye problems
- African American over age 40

Protecting your eyes from accidents and early detection and treatment of eye problems are the best ways to keep your healthy vision throughout life. If you or your family are at risk for eye disease or experience any eye problems, visit your Eye M.D. promptly.

*See your Eye M.D. ... because there's so much more to see.*

**An Eye M.D.** is an ophthalmologist - a medical doctor who provides the full spectrum of eye and vision care. From eyeglasses and contact lenses to medication and surgery, your Eye M.D. will help you keep your sight for life.

**Eye disease  
and  
injury can  
destroy  
your vision**

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