

## 5 REASONS FOR YOUR ANNUAL EYE EXAM

**An annual eye checkup is a simple, low-stress way to keep tabs on your eye and overall health. Here are a few things your optometrist will be looking for:**

### **GLAUCOMA**

Glaucoma has been called, “the silent thief of sight” because too often, it goes unnoticed before too much damage is done to save vision. It’s caused by too much pressure in the eyes. When doctors catch it early, they can often manage it effectively and prevent vision loss.

### **CATARACTS**

Cataracts are a nearly unavoidable part of aging. Over time, the lens in the eyes can get cloudy and yellow. But, updated eyewear prescriptions can often delay surgery, which is easy and low-risk.

### **DIABETIC RETINOPATHY**

This affects diabetic patients and can rob sight. The tiny blood vessels in the eye that feed the retina become damaged and allow fluids to seep into the eye. Treatment includes changes in diet and exercise, and also surgery.

### **REFRACTIVE ERRORS**

Vision changes and usually worsens with age. A yearly checkup will help keep vision sharp with updated eyewear prescriptions.



This is the leading cause of blindness among seniors. But, early detection and treatment can slow its progress significantly. There are a couple different types of AMD. The type determines the treatment – ranging from laser surgery, medication or dietary supplements to slow the disorder.

**Given all these advantages, it makes good sense to keep that yearly appointment with the optometrist!**

**Need to find an optometrist near you? Search the Healthteam Advantage online provider directory for an Optometry specialist near you, or call your Healthcare Concierge for assistance.**