Healthy eyes start with a comprehensive eye exam

Eye problems are the second most common health concern in the United States. Adults between 18 and 60 years of age should get an eye exam every one to two years.[1] Illnesses such as diabetes or hypertension as well as a family history of eye illnesses like glaucoma can raise your chances of having vision problems.

Through a dilated eye exam, eye doctors can look inside your eye. This may show early signs of chronic illnesses. These signs can be seen in the eyes before other parts of the body are affected. This lets treatment start early, even before you know there is a problem. Eye doctors can help you find a primary care doctor to care for illnesses found during your exam. They are part of your team for ongoing care to watch for changes in your conditions.

Quick facts:

- The eye is made up of muscles, nerves and blood vessels
- There is a direct connection between the eye and the brain
- Many diseases that affect muscle, nerve and circulatory systems will show up in the eye

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Chronic conditions that may be found during an eye exam include:

Arcus
Cataract
Crohn's Disease
Cytomegalovirus
Diabetes
Diabetic Retinopathy
Glaucoma
Graves' Disease
Herpes Zoster
High Cholesterol
Hypertension
Hypertensive Retinopathy
Juvenile Rheumatoid Arthritis
Lupus
Lyme Disease
Macular Degeneration
Multiple Sclerosis
Pseudotumor Cerebri
Rheumatoid Arthritis
Sarcoidosis
Sickle Cell Anemia
Sjogren's Disease
Tumors

Annual eye exams help detect and monitor:

- Vision disorders (i.e. nearsighted, farsighted)
- Eye muscle coordination
- Eye diseases*
- Warning signs or early identification of health conditions*

* Vision screenings have limitations and do not detect these items.

Your symptoms could indicate something more

If you have headaches, eye strain, or blurry vision a new eyeglass prescription could help. These issues could also be signs of more serious problem. Many medications can cause eye side effects. The only way to know for sure is to have a yearly eye exam.

Schedule a comprehensive eye exam for you and your family.

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