Make Eye Care a Family Affair

At every age, your family members can benefit from regular eye care.

From the very young to the young at heart, regular eye exams are important to keeping everyone in your family productive and well. Roughly 232 million Americans require vision correction, with 10 percent of people at risk for vision loss. However, many problems can be detected through proactive care.

And besides checking all aspects of your vision, comprehensive eye exams can sometimes reveal signs of certain undiagnosed health conditions such as high blood pressure, heart disease and diabetes. For the sake of your loved ones’ health and well-being, make getting an annual eye exam a part of your family’s health care routine, just like going to the dentist or getting a physical. Below you can see why eye exams are important for everyone in your family, at every age.

About 232 million Americans need vision correction.

Babies and toddlers

The American Optometric Association (AOA) recommends babies receive a professional eye exam shortly after birth, at six months of age and again just prior to entering school.

School-age children

A pre-kindergarten exam is a must (don’t assume school offered vision screenings are enough).

• About 80 percent of what children learn in the first 12 years comes through the eyes.
• Up to 25 percent of school-age children may have vision problems that can affect learning.
• The good news is that annual eye exams can protect children’s vision, overall health and provide insight into their learning.

To learn more and to find an eye doctor in your area, visit eyemed.com.
Adults

- 202.6 million adults in the United States with vision correction.\(^7\)
- 29.9 million require some form of vision correction but don’t use any.\(^8\)

As we age, we’re more susceptible to eye conditions like cataracts, glaucoma and macular degeneration.\(^9\) Yearly eye exams can help detect these conditions, so you can help keep your eyes healthy.

Seniors

- Annual eye exams are even more important for seniors.
- Vision loss can be a contributor to lost independence among older Americans.\(^10\)
- Serious eye conditions such as macular degeneration, glaucoma and cataracts are most prevalent in people over the age of 60.\(^11\)

No matter what your age, if you haven’t had your eyes examined in a while, there’s no better time to schedule an appointment. While you’re at it, encourage everyone in your family to see the benefits of good eye care.

1. Based on consumer study data by AC Nielsen and verified by Vision Watch data, 2008.
7. Ibid.
8. Ibid.
10. Ibid.
11. Ibid.