



Brought to you by the Holy Family Health Ministry

August is Eye Health Month

It's Time for an Eye Exam

Seniors need a comprehensive eye exam every 1 to 2 years.



Here's Why You Need an Eye Exam

By age 65, one in six Americans has a vision impairment that cannot be corrected with glasses or contact lenses.

Early detection and treatment improves quality of life.



Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness. Take care, then, that the light in you not become darkness. Luke 11: 34-35





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Vision Loss Affects the Things We Most Enjoy



Symptoms of Vision Loss



Keep Your Vision Healthy

- Get a baseline eye exam by 40 or older
- Choose healthy foods
- Quit smoking
- Exercise
- Maintain normal blood pressure and cholesterol
- Wear sunglasses with at least 99% UV protection



Source:

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