Get Your Eyes Checked to
Protect Your Vision

Some common eye diseases can cause vision loss. And they may not have any warning signs — so you could have a problem and not know it. Even if you think your eyes are healthy, getting a dilated eye exam is the only way to know for sure.

> Black/African American adults have some of the highest rates of vision loss caused by eye diseases. There are many factors outside your control that can affect your health — like access to high-quality health care.

The best thing you can do to prevent vision loss from eye diseases is to get a dilated eye exam.

What is a dilated eye exam?

A dilated eye exam is the only way to check for eye diseases early, when they're easier to treat — and **before** they cause vision loss. The exam is simple and painless. Your eye doctor will give you some eye drops to dilate (widen) your pupil and check for eye diseases.

Talk with your eye doctor to learn how often you need to get an exam. Learn more about dilated eye exams at: nei.nih.gov/dilated-eye-exam

What else can I do to take care of my eye health?

You can always take steps to keep your eyes healthy — whether you have an eye disease or not. For example, staying active and eating healthy can help protect your eye health. Learn more ways to take care of your eye health at: nei.nih.gov/HealthyVision
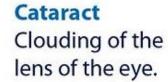
All people with diabetes.

The longer you have diabetes, the higher your risk of getting diabetic eye disease.

What is it?

It refers to eye problems people with diabetes may have. These include

Cataract
Clouding of the lens of the eye.

Diabetic retinopathy
Damage to blood vessels in the retina; most common.

Glaucoma
Damage to the optic nerve.

There are often NO early warning signs.

The lamp of the body is the eye. If your eye is sound, your whole body will be filled with light; **Matthew 6:22**