



July Holy Family Health Ministry Message

An Eye Exam
Is About More
than Just Vision

Healthy
Vision
Month

Did You Know?

Your eyes are
the window
into your
overall health.

An eye exam
can detect vision
changes, help
protect your
eyes, and detect
health conditions
and diseases.

Diabetes
is the leading
cause of vision
loss in people
18-64 years old.

Anyone with
diabetes is at risk
for diabetes-related
eye diseases such
as diabetic
retinopathy and
macular edema, as
well as glaucoma
and cataracts.

Every day, you can take simple steps to keep your eyes healthy.



Wear sunglasses. Protect your eyes from the sun by wearing sunglasses —& even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation



Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs



Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds

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





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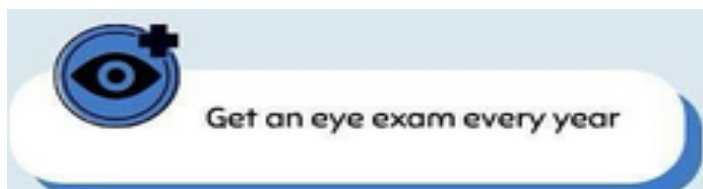
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If you wear contacts, take steps to prevent eye infections.

Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly



Schedule comprehensive eye exams with an eye care professional at least once a year, even if you do not wear glasses. Early detection and treatment of eye conditions are crucial for maintaining good vision.



How often you need a dilated eye exam depends on your risk for eye disease. Talk to your doctor about what's right for you.

Get a dilated eye exam every 1 to 2 years if you:

- Are over age 60
- Are African American and over age 40
- Have a family history of glaucoma

If you have diabetes or high blood pressure, ask your doctor how often you need an exam. Most people with diabetes or high blood pressure need to get a dilated eye exam at least once a year.

If your eye doctor finds refractive errors in your vision, you may get a prescription for eyeglasses or contact lenses to help you see more clearly.

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