



Brought to you by the Holy Family Health Ministry

May is Healthy Vision Month

Keep Your Eyes Healthy



Get a comprehensive dilated eye exam

- Even if your eyes feel healthy, you could have a problem and not know it.
- Many eye diseases do not have any symptoms or warning signs.
- A dilated eye exam is the only way to check for many eye diseases early on, when they are easier to treat.

How often do I need to get a dilated eye exam?

- 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.

The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. Matthew 6:22



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- Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:
 - Are overweight or obese
 - Have a family history of eye disease
 - Are African American, Hispanic, or Native American

Did You Know?

- Everyone with diabetes is at risk for diabetic retinopathy.
- More than 1 million African Americans may have diabetic retinopathy by 2030.
- There are no early symptoms.
- A dilated eye exam can detect eye disease before vision loss occurs.
- Don't wait until you notice an eye problem to have an exam.

If you are worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk.

Know your family's health history.

Talk with your family members to find out if they have had any eye problems. Some eye diseases and conditions run in families, like age-related macular degeneration or glaucoma

Resource: <https://www.nei.nih.gov/about/education-and-outreach/healthy-vision-resources/healthy-vision-month>

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