

Struggling With What To Give This Year? Look No Further



Finding the perfect gift can be nerve-racking. A cookbook, yoga video, or gift certificate for a gourmet salad bar are good, health-conscious choices. Sometimes, however, the presents they'll treasure the most don't come in a box or gift bag.

Give the gift of health.

This holiday, give your loved ones something they will cherish for a lifetime—the gift of healthy vision. Slip a note in a holiday card with this sight-saving reminder: "Don't forget your comprehensive dilated eye exam." Then, offer to go with them to visit their eye care professional. It's a great way to help ensure that the people you love are keeping their eyes healthy.

The fact is, many eye diseases have no warning signs. A comprehensive dilated eye exam is the only way to detect these diseases in their early stages. That's why African Americans age 40 and older should visit an eye care professional regularly for a comprehensive dilated eye exam.

Keep holidays happier and healthier.

You can help someone you care about to see well for many holidays to come. Wrap up a reminder to get a comprehensive dilated eye exam, and help your loved ones make a plan to protect their sight.

Visit www.nei.nih.gov/healthyeyes for more information.