

Having Trouble Seeing **While You're Spring Cleaning?**



There are few things about spring more satisfying than the big yearly cleaning. However, are you finding routine tasks more difficult to do now than in the past? It may be your vision.

Something worth looking into.

Ask yourself—is it hard to read:

- ✓ Food labels to see if they're expired?
- ✓ Medication labels?
- ✓ Old papers to decide which to keep and which to toss?

If so, you might have low vision. Low vision is when, even with regular glasses, contact lenses, medicine, or surgery, you still have difficulty seeing. This makes doing everyday tasks more challenging. But there is help. There is hope.

You can live well with low vision.

There are services and devices to make it easier for people with low vision to make the most of their vision and help maintain their independence. Springtime is the perfect time to schedule an eye exam. So, right after you take care of those dust bunnies behind the sofa, pick up the phone and call your eye doctor to make an appointment for a comprehensive dilated eye exam.

Learn more about low vision. Visit www.nei.nih.gov/lowvision.