

## What's on Your Fall Must-Do List?



Fall is a magical season. There's so much to try to squeeze in during these few glorious weeks. Taking brisk morning walks to catch the fall color. Picking apples for a mouth-watering cobbler. Tailgating with friends at the big football game. Whatever you have on your fall checklist, the National Eye Institute encourages you to include a comprehensive dilated eye exam.

### **Eye disease can be tricky.**

This sight-saving exam is the only way to protect your eyes from diseases like glaucoma and diabetic eye disease. These common diseases can sneak up on you without warning, and, if left undetected and untreated, can cause vision loss and even blindness. A comprehensive dilated eye exam can detect eye disease

in its early stages. That means you can begin treatment before noticeable vision loss occurs.

### **Don't take sight for granted.**

So, this autumn, enjoy snuggling next to a warm fire, sipping on a pumpkin spice latte, or partying in a silly Halloween costume. But don't forget to schedule a comprehensive dilated eye exam. It's your best plan to protect your sight and ensure that your healthy vision is always in season.

To learn more about how to protect your sight, go to [www.nei.nih.gov/healthyeyes](http://www.nei.nih.gov/healthyeyes).