

## School Days: A Good Time to Learn More About Your Vision



It's that time of year again—when the young, and the young at heart, shake off the summer cobwebs and get ready to learn something new. What better time for you to learn a little more about your vision, including what's normal as you age and the signs of problems ahead?

### **What's common and what's concerning.**

It's a fact: Our bodies change in many ways as we age. Eyesight is no exception. Maybe it's harder to read the newspaper or see the TV. Some changes can be corrected with eyeglasses or better lighting. Others may signal more serious threats to your vision. However, there's an easy way to know for sure: see your eye care provider.

If you are African American and over age 40, a visit to an eye care

professional for a comprehensive dilated eye exam can help detect common vision problems and eye diseases, including diabetic retinopathy, glaucoma, and cataract.

### **Be eye smart: Get regular eye exams.**

As more and more of us find ourselves on the “other side” of 40, it is important to make vision a health priority. Only a comprehensive dilated eye exam can detect common eye diseases that have no early symptoms. So, contact your eye care provider and schedule yours today. The start of the new school year is the perfect time to make your plan to protect your sight.

Visit [www.nei.nih.gov/healthyeyes](http://www.nei.nih.gov/healthyeyes) for more information.