

# Talk to Your Family About **Eye Health**



Families can share many things across generations — like the color of our eyes or hair. And sometimes, that can include eye health! A family health history is a record of the things your family may share that could affect your health, including your eye health.

**Black/African American adults are at higher risk for eye diseases that can lead to vision loss. Since some of these diseases can run in families, it's important to get the facts about your family's eye health history!**



Use these tips to learn about your family eye health history — then share what you learned with your eye doctor.

## **Make it convenient** .....

Try talking about your eye health when everyone's already together, like at a family dinner. Or you can bring it up while driving or doing a chore together.





## Start with why eye health history matters

Try explaining why you want to know about your family's eye health before you ask a specific question. You could say:

- Since some common eye diseases can run in families, my eye doctor asked me to check in about our family's history. Has anyone in our family had eye health issues?
- I know that a lot of us wear glasses or contacts. Do any specific vision or eye conditions run in our family?
- Keeping my eyes healthy is important to me. Is there anything I should know about eye health in our family?

## Take your time

You don't need to talk about everything at once — try splitting up the conversation. You could start the conversation over text and continue on the phone or in person.



## Follow up with your eye doctor



Write down any eye diseases or vision problems that your family members have had — and how old they were when the issues started. Then share what you learned with your eye doctor. They can help you figure out how to use this information to protect your eye health!

Find out more at: [nei.nih.gov/HealthyVision](https://nei.nih.gov/HealthyVision)



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