

## Celebrate Your Sight!



Do you have any big plans for your birthday? Do you dream of taking a trip to Paris to see the Eiffel Tower lit up at night, or taking that cruise vacation you're always talking about, or perhaps making it to the family reunion this year to catch up with Cousin Gene? It's exciting to make plans for fun trips. Now, imagine making plans if you were slowly losing your sight.

African Americans are at higher risk for eye problems, and they're at risk at an earlier age. Many eye diseases and conditions have no early warning signs, but only about 10 percent of people know this. That's why it's important to get a comprehensive dilated eye exam.

### **What's a comprehensive dilated eye exam?**

In this type of exam, an eye care provider will put drops in your eyes to widen, or dilate, your pupils and will examine your retina and optic nerve to look for signs of damage and other eye problems.

**Tonometry:** Measures eye pressure. Elevated pressure is a possible sign of glaucoma.

**Visual field test:** Measures any loss of side (peripheral) vision, which is a sign of glaucoma.

**Visual acuity test:** Measures how well you see at various distances.

Vision loss from eye disease can often be prevented, but lost vision usually cannot be restored.

### **Happy birthday, healthy eyes!**

This year, as you celebrate another birthday, think about celebrating your sight. Make your eye health a priority and get a comprehensive dilated eye exam. And when you make the family reunion, make sure Cousin Gene has one scheduled, too.

Learn more about dilated eye exams at [www.nei.nih.gov/healthyeyes](http://www.nei.nih.gov/healthyeyes).