

# Because eyesight is your most important sense.

## Why is it important to get regular eye exams?

Problems with your eyes or your vision can go unnoticed for long periods of time. Regular eye exams are a very important part of preventing problems, before they damage your eyes. Your eye care practitioner can diagnose and treat problems before they progress and even prevent permanent vision loss. To keep your vision and eyes healthy, early diagnosis is key.

A thorough eye exam yields far more information than you might expect. Not only does it provide your eye care practitioner with information to diagnose and treat eye conditions, but it can also provide insight into your general health.

The best time to see an eye care practitioner is BEFORE your vision gets blurry. Experts advise children have their eyes examined at six months, three years, before school begins, and every two-three years going forward. Adults are encouraged to see their eye care practitioner at least every two to three years, and annually after the age of 60. Contact lens wearers should be seen at least once a year. Regular exams from infancy through adulthood help ensure a lifetime of healthy vision.

## Who should get their eyes examined?

Everyone! No matter your age or physical health, eye exams are essential for everybody. They're vital for maintaining optimal eye health.

**CHILDREN:** To ensure appropriate eye development and to assess the need for vision correction, children should have regular eye exams.

**ADULTS:** To keep prescriptions current and to monitor eyes for early signs of disease, adults should have regular eye exams.

## Wearing contact lenses

Contact lenses are medical devices that require fitting and a valid prescription from an eye care practitioner. For your own safety, you must seek the care of a qualified eye care practitioner before using contact lenses. Furthermore, proper follow-up care by your eye care practitioner is essential. Over time your eyes change, often without symptoms or warning signs, which may put you at risk for developing potentially serious complications, including vision loss. Regular ongoing professional care can help maintain eye health.

Please talk to your eye care practitioner about a recommended examination schedule, which usually ranges from every 6 months to every 12 months.

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