



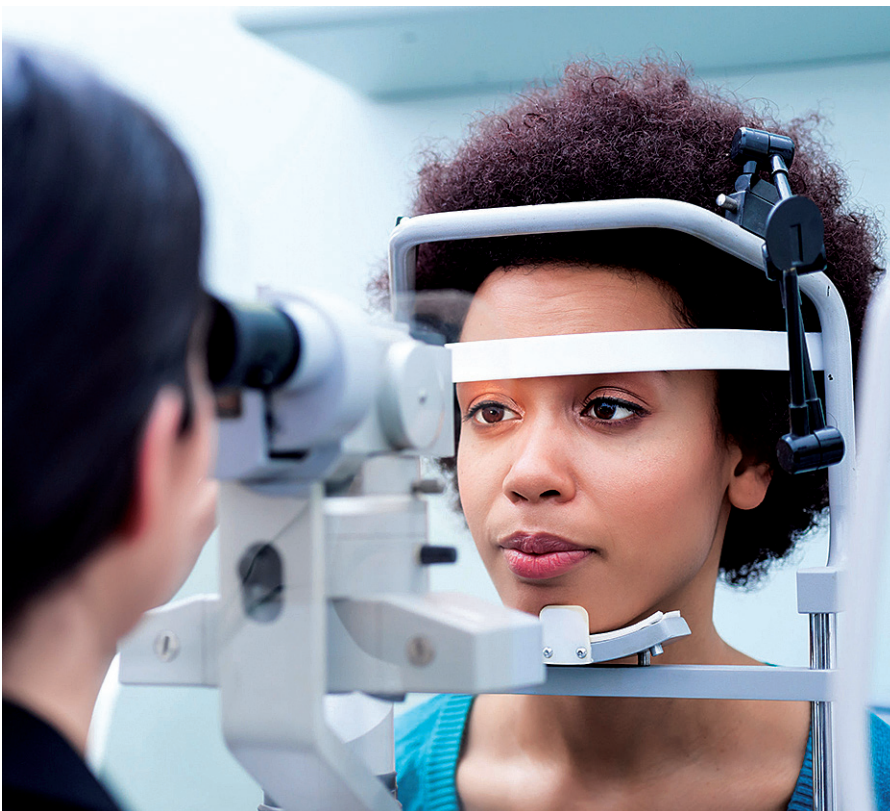
ADULT HEALTH BULLETIN



JANUARY 2022

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THIS MONTH'S TOPIC: PROTECT YOUR VISION



Today, life is busy, but making health care a priority is important. To stay healthy, it is important to stay up to date with your visits to not only your primary physician and dentist but also an eye doctor, particularly if you have vision problems.

How often should I get an eye exam?

- People with diabetes should have an eye exam every year.
- People at a higher risk should have an eye exam every two years:
 - People with family history of glaucoma
 - African Americans 40 years and older
 - All adults older than 60

Continued on the back



You can protect your vision by getting regular eye exams. Tell your doctor if you have had any changes in your vision.

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Reasons to get an eye exam

Vision can change throughout our lifespan. Therefore, it is important to notice if you have any changes in your eyesight. If you have any of the following eye problems, do not wait for your next appointment — visit your eye doctor as soon as possible:

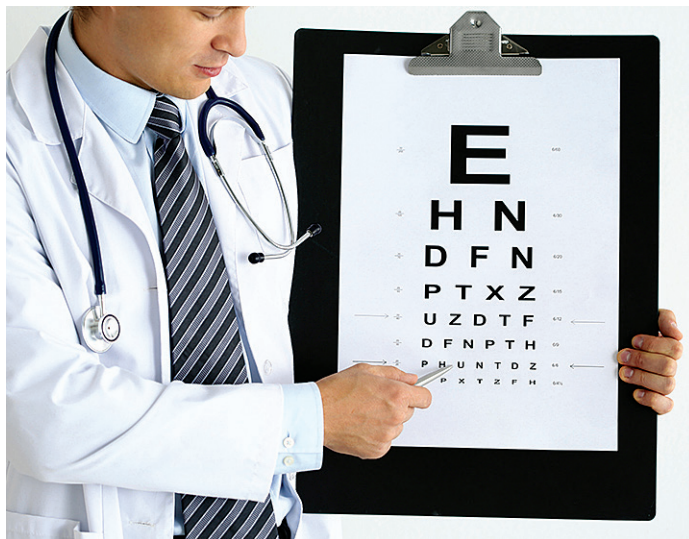
- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

Prepare for an eye exam

There are a few health matters you will want to share with your eye doctor. You want to tell your eye doctor if you have any medical conditions such as diabetes, high blood pressure, or other serious illnesses. You should also share your health history and if there is any family history of eye problems. If you have had any changes in your vision, you should tell your doctor. Some examples are double vision, tired eyes, itchiness, or other eye issues. Take time to make a list of everything you want to share with your doctor or any questions that you want to ask during the eye exam.

What happens at an eye exam?

A comprehensive dilated eye exam by an optometrist (eye doctor) is necessary to find and prevent eye diseases in the early stages. During the exam, the doctor tests visual acuity (sharpness), depth perception, eye alignment, and eye movement. Eye drops are used to make your pupils larger so your eye doctor can see inside your eyes and check for signs of health problems. Depending on your doctor, they may have different ways to examine your eyes. Talk to your doctor about what is going on during



the examination, and do not be afraid to ask questions. Do not be afraid to take notes. The notes you take may help you remember something important that the doctor said during the exam.

You can protect your vision by:

- Getting regular eye exams.
- Eating a healthy diet, including leafy greens such as spinach or kale, and maintaining a healthy weight.
- Knowing your family's eye health history.
- Wearing sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).

In addition, if you spend a lot of time focusing on screens or one specific task for an extended period, try the 20-20-20 rule. The 20-20-20 rule helps to reduce eyestrain and fatigue. Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

Healthy eyes and the ability to see clearly is necessary for everyday living.

SOURCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

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Written by: Natalie Jones
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

