

# Eye on Health

## Focusing On Eye Health For Overall Well-Being

(NAPSA)—Americans are turning to eye exams as a proactive way to stay healthy. The eyes provide a unique window into our overall health, making an annual visit to the optometrist an important part of taking charge of your health.

The delicate blood vessels inside the eyes reveal early clues of serious conditions like diabetes, high cholesterol and hypertension. Eye doctors can often observe signs of these diseases well before a person is aware of any health issues. Once detected, patients can get treatment before the disease progresses, helping to maintain their vision and overall health.

### Proactive Care

One of the best ways to stay healthy is to get regular preventative care. Yet only 16 percent of Americans have annual physical exams. On the encouraging side, a recent study by VSP Vision Care shows that more than half of the adult U.S. population gets annual eye exams. That's nearly four times the rate of annual physicals, and shows that eye exams may be the only time many connect with a doctor for preventative care during the year.

### Diabetes Prevention

One in three American adults—that's 75 million people—are affected by either diabetes or prediabetes. Annual eye exams play a key role in the early detection of diabetes, and the Centers for Disease Control and Preven-



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### 5 Tips for Better Health:

- Schedule an annual eye exam.
- Tell your eye doctor about any medical conditions.
- Bring a list of your medications, both prescription and non-prescription.
- Discuss any symptoms you are experiencing.
- Ask questions.

tion (CDC) recognizes eye exams as an important and cost-effective way for those with diabetes to manage their condition.

### Bottom Line

The benefits of annual eye exams extend far beyond getting new glasses or contacts. Exams can detect early signs of disease, helping to keep Americans healthier and lowering health-care costs. To find a doctor near you or information about eyecare benefits, visit VSP Vision Care at [www.vsp.com](http://www.vsp.com).