



Eye on Health

What Women Need To Know About Vision Problems

(NAPS)—If you find yourself squinting to read or notice that driving at night is becoming more of a challenge, you're not alone—more Americans are experiencing vision problems.

According to a study led by the National Eye Institute, the number of Americans with vision problems continues to rise.

If your 20/20 vision followed you into middle age, consider yourself lucky. Even if you had perfect vision as a child or young adult, it can naturally change as you get older.

Millions of women have less than perfect eyesight as a result of common vision problems such as nearsightedness, farsightedness, astigmatism and presbyopia. These problems can easily be detected through a comprehensive dilated eye exam and can be corrected with prescriptive eyewear such as eyeglasses and contact lenses.

It's a smart idea to put a visit to your eye care professional on your "to do" list.

He or she can perform an exam to look for common vision problems and prescribe corrective eyewear to help you see as clearly as possible. A comprehensive dilated eye exam can also detect eye diseases that have no early warning signs.



Taking care of your eyesight by having regular exams is an important part of remaining safe and healthy.

Your eyes are an important part of your health. Taking care of them can help you be confident that you're seeing your best.

Healthy vision can help keep you safe while you're driving, participating in sports or taking part in recreational activities. It can also help to ensure that you maintain a healthy and active lifestyle well into your golden years.

The best way to make sure your vision is the best it can be is to take the time to schedule an eye exam today. For more information on eye exams and common vision problems, you can visit www.nei.nih.gov/healthyeyes.