

Eye on Health

Why Eye Exams Are Important For Overall Health

(NAPSA)—The eyes are the windows into the entire body. Just as the eyes allow us to see what's happening in the world around us, they also allow doctors to see what's happening inside of our bodies.

A comprehensive eye exam performed by an eyecare specialist such as an optometrist not only assesses the condition of a person's vision, but can also detect the onset of eye disease and other serious health issues. As a result, vision care is essential to maintaining a healthy lifestyle and should be a top priority.

Vision Care

Research indicates that 3.4 million Americans age 40 or older suffer from visual impairments including cloudy or blurred vision, near- or farsightedness and even blindness. Predictably, as the population continues to age, the occurrence of vision disorders will increase.

In addition, adults are prone to developing various age-related eye diseases such as glaucoma and macular degeneration. Fortunately, eyecare doctors can often detect symptoms of these diseases in their earliest stages, even before a patient is aware of vision issues.

Link to Health Management

Eye exams serve as a preventative tool not only for identifying eye impairments but also symptoms of serious diseases. For example, examining the cornea and blood flow through the retina



It's wise to watch out for your eyes.

in the eye can help eyecare specialists detect signs of diabetes, high cholesterol, high blood pressure and heart disease. Ultimately, this early detection can not only save patients' eyesight but also alert them to the presence of disease before it causes serious damage.

Taking Charge

It's clear to see that an annual eye exam provides important benefits. To take charge of your health, schedule an eye exam with a local eyecare doctor who can provide you with a full visual assessment. A comprehensive eye exam is straightforward, painless and takes less than an hour to complete. By receiving your annual eye exam, you will be taking a proactive step to safeguard your vision and sustain your total-body health. To find an eyecare doctor near you or for information on vision care benefits, visit the VSP Web site at www.vsp.com.