

## Why You Should Schedule A Comprehensive Eye Exam

(NAPSA)—Some eye diseases have no warning signs until damage has been done, but vision loss may be minimized if diseases are detected and treated early.

That's why comprehensive eye exams are essential to maintaining eye health and catching problems before symptoms occur.

Approximately 11 million Americans live with macular degeneration, which damages central vision and is a leading cause of legal blindness. Yet many people have never heard of the condition until they are diagnosed.



**To reduce your risk of vision loss, see your eye doctor regularly.**

About 3 million Americans have some form of glaucoma, which affects side vision and can lead to blindness if not treated. An estimated half of these individuals aren't aware they have the disease.

"These statistics are one reason BrightFocus Foundation is offering free resources to help protect sight," says Stacy Pagos Haller, BrightFocus President.

She notes that a comprehensive eye exam is more than the eye chart used to test sight at distances. It also involves pupil dilation that allows the doctor to see signs of disease, and tonometry to measure eye fluid pressure, helpful in detecting glaucoma.

Comprehensive exams are particularly important for those at risk for vision diseases, including:

- Persons with a family history of glaucoma;
- Persons over age 60;
- Hispanics; and
- African Americans over age 40.

Ask your doctor how often you should schedule exams, based on your family history and risk factors.

BrightFocus offers resources in English and Spanish:

- Download or request the pocket card, *Top Five Questions to Ask Your Eye Doctor*.

- View *Find an Eye Doctor* directories to locate one near you.

- Order brochures on glaucoma and macular degeneration.

To access these resources, visit [www.brightfocus.org/eye-health](http://www.brightfocus.org/eye-health), or call (800) 437-2423.

- *BrightFocus Foundation is a nonprofit organization supporting innovative research worldwide and promoting public awareness to end macular degeneration, glaucoma, and Alzheimer's disease.*