

May is Healthy Vision Month

Steps Toward Healthy Vision

Each month, Avēsis looks deep into your eyes to give you the vision information you seek. Regular vision exams can help prevent, slow the progression of, and treat many vision problems, like cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration.¹

When to See the Eye Doctor¹

Some eye problems shouldn't wait for your regular visit. See your doctor as soon as possible if you have eye or vision problems. Otherwise, follow this general schedule:

- Children: once between ages 3 and 5
- People with diabetes: yearly, dilated
- African Americans 40 and older: every 2 years, dilated
- Adults over 60: once every 2 years, dilated
- People with a family history of glaucoma: every 2 years, dilated
- People who need vision correction: every year or two, dilated

Dilation = Detection²

Dilation can detect a host of health issues that might remain undetected until it's too late:

- Diabetes (diabetic retinopathy)—is indicated by leaky blood vessels
- Hypertension (high blood pressure)—can appear as a tearing or bending of blood vessels
- Autoimmune disorders (lupus, etc.)—often presents as inflammation of the eye
- High cholesterol—may give the cornea a yellow hue or ring
- Graves (thyroid) disease—causes bulging eyes
- Cancer—could look like eyelid carcinomas or odd pigmentation
- Tumors/Aneurism—can cause a droopy eyelid or misshapen pupils

Count Your Steps³

While there's no electronic device you can wear to track eye fitness, everyone can follow these simple steps toward healthy sight: Get regular eye exams, learn your family history, protect and rest your eyes, and stay healthy.



1/2

Portion of high-risk adults who visited an eye doctor last year¹



11 Million

Number of Americans over age 12 who need vision correction¹



7

Number of health conditions detected by an eye exam²

1. <https://www.cdc.gov/features/healthyvision/index.html>, July 2018

2. <https://yoursightmatters.com/7-health-problems-eye-exams-can-detect>, accessed February 2019

3. https://nei.nih.gov/hvm/healthy_eyes, accessed February 2019

Material discussed is meant for general informational purposes only and is not to be construed as medical advice. Although the information has been gathered from sources believed to be reliable, please note that individual situations can vary. You should always consult a licensed professional when making decisions concerning eye care.

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Avēsis
10400 N. 25th Ave.
Suite 200
Phoenix, AZ 85021

www.avesis.com