

# Eye Care

During a comprehensive eye exam, your eyes can give your doctors tremendous insight into your overall health in addition to helping them evaluate your eye health and vision. In fact, some systemic and chronic diseases can be detected with an eye exam. And some diseases, like diabetes, can seriously affect your vision in addition to your overall health. Other eye diseases, like glaucoma, may cause vision damage and eventually blindness without you ever experiencing any other symptoms.

Check with your doctor but at a minimum the following schedule for eye exams is recommended:

<u>Age Group:</u>	<u>Frequency:</u>
6 months - 18 years	At 6 months, 3 years old, before starting school, and then every two years.
18 years - 40 years	Every 2-3 years
41 years - 60 years	Every 2 years
60 years and older	Every year

Talk to your doctor about how often you should be getting your eyes checked. Make sure to tell him/her if you have a family history of any ocular diseases such as macular degeneration or glaucoma.

