

YOUR EYES, YOUR HEALTH

What Women Need to Know

Do you find yourself squinting to read your favorite magazine? Has driving around town while running errands become more of a challenge, particularly at night? Are you constantly jockeying to sit in the chair closest to the TV – for a better view? If any of these scenarios hits home, you may have a common vision problem and not know it. And ladies...you're not alone.

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 corrected with prescription eyewear such as eyeglasses and contact lenses.

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.

Your eyes are an important part of your health. Take care of them so you can be confident you're seeing your best. Healthy vision can help keep you safe while you're driving behind the wheel, 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.

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

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