

The Importance of Routine Eye Exams



Many consider vision to be their most valued sense. And it is said that 80% of the sensory information that our brain receives comes in through our eyes. Yet, many are unaware of the relationship between overall health and routine eye exams. An eye exam is a comprehensive vision analysis and a gateway for learning about a person's overall health. Routine eye exams have many benefits:

Preventive Tool for Overall Health

We need to take care of our eyes like we take care of our bodies and teeth; care should be preventive, not reactive. Many simple vision problems go undiagnosed – problems that could be detected by an eye exam. People don't need to live with inadequate vision, such as seeing objects in the distance or up close, general eye strain, blurry vision, headaches, etc.

Alert for Systemic Disease and Eye Conditions

Many health problems can be diagnosed through a comprehensive eye exam. Early detection can help lessen some of the long-term effects and help preserve vision. Systemic diseases, health conditions, and eye disorders that may be identified and diagnosed are:

- Cancer
- Diabetes
- High blood pressure
- High cholesterol
- Cataracts
- Glaucoma
- Macular degeneration
- Retinal detachment

Provide Education to Improve Activities of Daily Living

An eye health professional can provide solutions for symptoms you may now or soon be experiencing, and even aid in the potential diagnosis of behavioral problems – particularly in children. They may also educate you on the effects of basic external influences, like your nutrition and vitamin intake. Such education or solutions may help with:

- Computer Vision Syndrome
- UV protection of corneas and retinas
- ADD and ADHD misdiagnoses
- Eye safety awareness
- Reducing the impact of glare on your eyes
- Understanding the effect of standard medications on eyesight