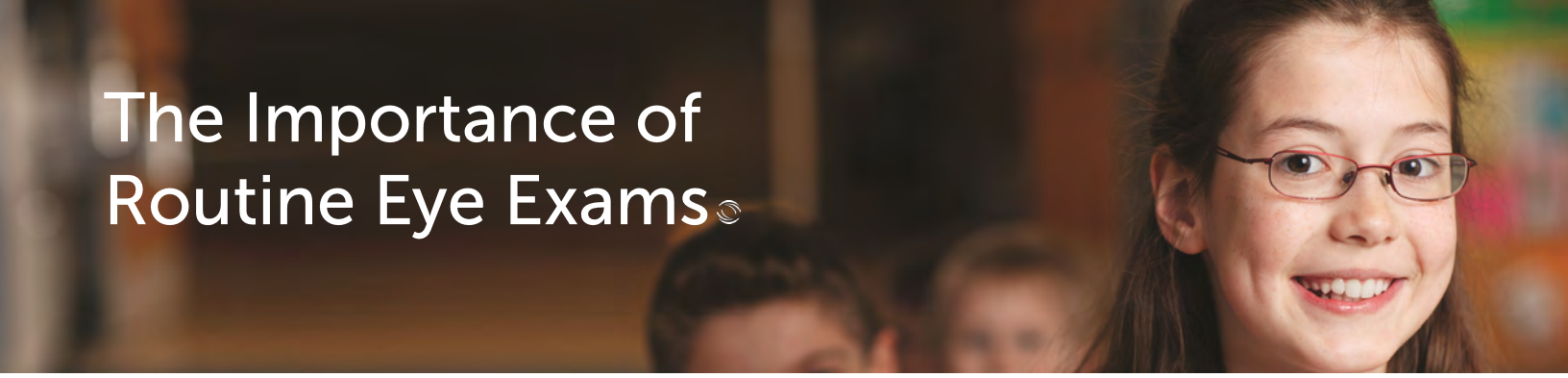
The Importance of Routine Eye Exams



Vision is one of our most valued senses, yet many are unaware of the importance of a comprehensive eye exam, what it entails, and how it serves as a gateway for learning about a person's overall health.

Sight and Comfort

Eye care is as important to a person's wellbeing as health and dental care. Many simple vision problems go undiagnosed – problems that could be detected by an eye exam and easily corrected. By taking a proactive approach, individuals with vision and eye concerns can experience an improved quality of sight and comfort. From eye strain and blurred vision to diseases and headaches, Superior Vision eye care providers can help members find a solution.

Systemic Disease and Eye Conditions

Systemic diseases and health conditions can be diagnosed through a comprehensive eye exam. Early detection can help lessen some of the long-term effects and help preserve vision. Eye exams may diagnose:

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

Improving Daily Living

A Superior Vision eye care provider can offer eye care tips, solutions for common vision and eye symptoms, and even aid in the potential diagnosis of behavioral problems – particularly in children. They can help members with:

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

80%

The amount of information our brain receives through our eyes[1]

7 million

The number of people with diabetes who are undiagnosed[2]

25%

The percentage of school age children who have some form of visual impairment[3]

1 and 3: American Optometric Association 2014.
2: Centers for Disease Control and Prevention 2011.

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