

When *To See* [An Eye M.D.]

Protecting your eyes, as well as early detection and treatment of eye problems are the best ways to take care of your vision throughout life. Read below to see when you and your family should visit your Eye M.D. for a complete eye examination.

But if you have any of these risk factors for eye problems, you will need to see your Eye M.D. more often than recommended:

- Family history of eye problems
- African American over 40
- Have diabetes
- Individual history of eye injury

BEFORE AGE 5

Since it is possible for your child to have a serious vision problem without being aware of it, your child should have his or her eyes screened before age 5 by an eye care professional, primary care provider, family physician, pediatrician or trained screener for eye conditions such as:

- Strabismus (crossed eyes)
- Amblyopia (lazy eye)
- Ptosis (dropping of the upper eyelid)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

If there is a family history of vision problems or if your child appears to have any of the above conditions speak to your Eye M.D. promptly about when and how often your child's eyes should be examined.

PUBERTY TO AGE 39

Most young people have healthy eyes, but still need to take care of their vision by wearing protective eyewear when playing sports, doing yard work, working with chemicals or taking part in other activities that could cause eye injury.

Have a complete eye exam at least once between the ages of 20 and 29 and at least twice between the ages of 30 and 39.

You should also be aware of symptoms that could indicate a problem. See an Eye M.D. promptly if you experience any eye problems such as:

- Visual changes or pain
- Flashes of light
- Seeing spots or ghost like images
- Dark spot appears in vision
- Lines and edges appear distorted or wavy
- Dry eyes with itching and burning

AGES 40 TO 65

Even the young adult and middle age groups can be affected by eye problems, so preventive measures should be taken to protect eyes from injury and detect disease early. Schedule an eye exam with your Eye M.D. every two to four years.

OVER AGE 65

Seniors over age 65 should have complete eye exams by their Eye M.D. every one to two years to test for cataracts, glaucoma, age-related macular degeneration and other eye conditions.

An Eye M.D. is an ophthalmologist – a medical doctor who provides the full spectrum of eye and vision care. From eye glasses to contact lenses, to medication and surgery, your Eye M.D. will help you keep your sight for life.

Find an Eye M.D. at www.aaopt.org