

May is Healthy Vision Month

In This Issue

- How Much Do You Know About Eye Health?
- What You Don't Know About Eye Health Could Harm You
- Are You At Risk Of Vision Loss?
- Vision Loss Affects More Than Just Your Eyes
- Protecting Sight, Empowering Lives
- Together We Can Build A Brighter Future

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How Much Do You Know About Eye Health?

Study after study has shown that people fear vision loss more than they fear cancer, stroke, heart disease and other serious ailments.

But while most adults assume they're well versed in vision facts, few actually are. And that lack of knowledge only increases their risk.

You might be surprised by these findings from an online survey of 3,512 American adults conducted by The Harris Poll for the American Academy of Ophthalmology.



What You Don't Know About Eye Health Could Harm You

Most people are unaware of basic facts that could protect them from vision loss. For example, only about one-third of Americans know that eye diseases can steal your sight before you notice symptoms. That's because your brain adapts to vision loss, making it difficult to notice the decline — something that less than half of adults realize.

Did you know:

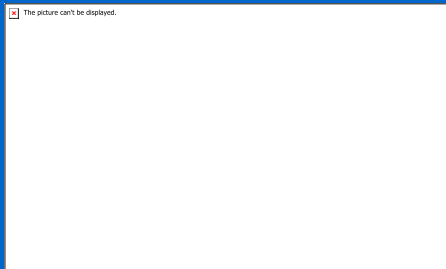
- Many forms of glaucoma have no warning signs. You may lose most of your vision before you realize you're affected. That's because the disease begins so gradually.
- People with diabetic retinopathy may not notice vision problems at first. But eventually this disease can cause blindness.
- Sudden blurriness or trouble seeing colors and fine details can signal age-related macular degeneration (AMD). Symptoms usually appear suddenly and worsen rapidly.

No Vision Insurance, No Problem, Join our Membership Program today!

www.eyecentersofnwo.com/members-portal



We Now Have Paperless Check-In Available



Follow the link that we text to you the day before your appointment

Courtesy: The American Academy of Ophthalmology
www.aao.org/



63%

of American adults are unaware that you don't always experience symptoms before you lose vision to eye disease

Are You At Risk Of Vision Loss?

Did you know that certain groups have a higher risk of eye problems than others? If so, you're a step ahead of most adults.



53%

of Americans are unaware that vision loss and blindness do not affect people equally

If you're in a high-risk group, make sure to get regular eye exams so that your doctor can catch disease early.



African Americans are 6-8 times more likely to get glaucoma and go blind from it than white Americans



Nearly 90% of Americans with age-related macular degeneration (AMD) are white



Asians are at an increased risk for the less common types of glaucoma: angle-closure glaucoma and normal-tension glaucoma



African Americans, Hispanics, American Indians and Asian-Americans have a higher risk of diabetes than white Americans. About 45% of people with diabetes have some state of diabetic eye disease

About one-third of Americans develop some form of vision-reducing eye disease by age 65. But you might be surprised to know that vision loss is not always part of growing older.



2/3

of American adults falsely believe vision loss is inevitable as you age

Fortunately, there are steps you can take to protect your eyes as you age.



Top 5 Ways to Protect Your Vision as you age

You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease



Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight



Wear sunglasses that block out 99% to 100% of UVA UVB rays



Quit smoking or don't start



Get regular **eye exams**



Know your family's **eye health history**

Vision Loss Affects More Than Just Your Eyes

Vision loss in adults increases the risks of injury and death, a fact that more than half of Americans know. But the impacts of vision loss are underappreciated by most Americans, the survey reveals.

Few people realize that declining eyesight can worsen the effects of other chronic illnesses. And only 1 in 4 adults know that vision loss is tied to psychological problems such as social isolation and depression.

Protecting Sight, Empowering Lives

Eye Doctors can diagnose eye diseases earlier and treat them more effectively than ever before. But these advances are meaningless for patients with undiagnosed disease. Nor can they help patients who remain unaware of the seriousness of their disease.

It's important to get help before it's too late. Far too often, eye doctors witness the consequences of patients entering their office too late to avoid severe vision loss.

Together, We Can Build A Brighter Future

The number of people affected by potentially blinding eye diseases is expected to rise significantly in the years ahead:

