

September is Healthy Aging Month

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Eye Examinations

According to a national survey released by the American Academy of Ophthalmology, nearly two out of three American adults report having eye or vision problems. A significant percentage of them, however, fail to seek medical attention in the form of regular, sight-saving eye exams. In observance of Healthy Aging Month in September, the Eye Centers of Northwest Ohio joins the American Academy of Ophthalmology in emphasizing the importance of having regular eye exams to maintain healthy eyes and vision.

Age-Related Eye Diseases

Some of the more common age-related eye diseases include Age-Related Macular Degeneration (February's Newsletter), Cataracts (June's Newsletter), Diabetic Retinopathy (to be covered in November's Newsletter) and Glaucoma (January's Newsletter). Early detection and treatment of these conditions can help to save sight before vision loss occurs. Ophthalmologists – the physicians that specialize in medical and surgical eye care – recommend a dilated comprehensive eye exam as the best way to prevent these conditions from becoming debilitating. The following pictures show two boys seen by a person with the diseases listed above compared with normal vision.

Normal Vision



Macular Degeneration



Cataracts



Diabetic Retinopathy



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

www.eyecentersofnwo.com/members-portal

Courtesy: National Eye Institute, National Institutes of Health (NEI/NIH)

www.nei.nih.gov

Courtesy: The American Academy of Ophthalmology

www.aao.org/

Glaucoma



For more information:

www.eyecentersofnwo.com/adult-eye-disorders

For previous newsletters:

www.eyecentersofnwo.com/newsletters

US Adults Do Not Get Eye Exams as Often as Recommended

The survey results emphasize a need for more education about the importance of medical eye exams. Findings showed that 64 percent of adults had at least one or more of the following issues with their eyes or vision:

- difficulty seeing at night;
- blurry vision
- reading up close
- flashes of light
- red, watery eyes
- double vision

Despite experiencing some level of impairment, only 13 percent admitted they had been seen by an eye doctor.

How Often do Adults Need Eye Exams?

The Academy recommends that a healthy adult get a baseline eye exam at age 40, even if they have no history of eye problems or eye disease. Those who have chronic conditions, such as diabetes or high blood pressure, may require more frequent exams.

Those over age 65 who may be concerned about cost or lack of vision insurance should be aware that our eye exams are split between Medical and Vision. We can send the medical part of the examination into your medical insurance. This will be subject to your usual deductibles and copays. The vision part of your exam, also known as the refraction, will cost you \$35 at the time of your visit.

At the Eye Centers of Northwest Ohio, we have put together a Membership Program for your glasses, please visit our website for further information or call either of our offices.

About the Survey

The survey was conducted online within the United States by Harris Poll on behalf of American Academy of Ophthalmology Feb. 1-3, 2016 among 2,048 adults ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables, please contact media@aao.org.