

Eye on Health

A Healthy Eye Is A Beautiful Eye

(NAPSA)—To ensure your eyes remain healthy and beautiful, you may need to look more closely at the value of an annual exam.

Regular eye exams are not just about obtaining optimal vision through the right eyeglass or contact prescription but can also help detect early warning signs of disease that can affect your eye health and general health.

Since an eye examination can help detect many health problems, eye care practitioners often work in conjunction with internists and general practitioners to help empower individuals on their health and wellness journey.

Many doctors offer new technology, such as digital retinal eye scans, that are quick and comfortable and produce a computerized picture of blood vessels in action. This new technology effectively provides information on eye health and certain systemic health conditions, such as diabetes and glaucoma.

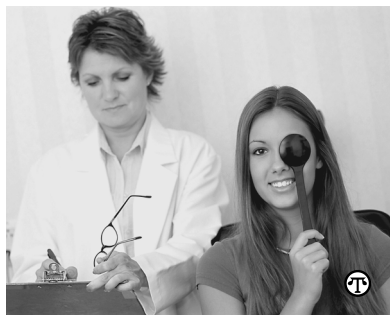
With more than 50 million “pre-diabetics,” 65 million hypertensives and 5 to 10 million Americans with high pressure in the eyes, a regular eye exam is important for your eye and overall health.

Taking the following steps, according to the experts at LensCrafters, can help keep your eyes healthy:

1. Begin a regular routine of eye exams with an optometrist or ophthalmologist once a year or as often as the doctor recommends.

2. During the exam, talk about what the doctor is doing during the various procedures and ask for a health and wellness summary.

3. Ask the doctor how soon the next exam should be scheduled. The advice will vary depending on



A regular eye exam is about more than getting a stylish new pair of glasses. It can help keep your eyes healthy.

several factors, such as the patient's history of health and disease, age, and use of contact lenses or other corrective lenses.

4. Make sure you explore all your options. Ask your doctor about new technologies that can help you see better. For example, Advanced View Progressive (AVP) lenses available at LensCrafters are one of the latest technologies in multifocal eyeglass lenses.

5. Like other regular health exams, set up your next appointment before you leave the doctor's office and ask if they can send you a reminder.

6. Finally, remind your friends and family members. Make sure they also know about the importance of regular eye exams.

For more information, or to schedule an eye exam appointment with the Independent Doctor of Optometry next to LensCrafters*, visit www.lenscrafters.com.

*Eye exams available by the Independent Doctors of Optometry at or next to LensCrafters in most states. Doctors in some states are employed by LensCrafters.