



Get Smart About Eye Health in 2020



63%

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

Your First Symptom may be Vision Loss

Many forms of **glaucoma** have no warning signs. The effect is so gradual you may lose most of your vision before you know you have the condition.



In early stages, diabetic retinopathy may cause no symptoms or only mild vision problems. Eventually, it can cause blindness.

Age-related macular degeneration is first noticed as blurriness or difficulty seeing colors and fine detail. Symptoms usually appear suddenly and worsen rapidly.

See an Ophthalmologist

Ophthalmologists are medical and surgical doctors trained to recognize and treat all threats to your vision.



Healthy Adults

Age 40: get a comprehensive eye exam
Age 65 and older: every year or two



Adults with Risk Factors

People with diabetes: dilated eye exam every year
African Americans 40 and older: dilated eye exam every 2 years
People with a family history of glaucoma: dilated eye exam every 2 years



Don't let Cost Stop you

The American Academy of Ophthalmology's EyeCare America program provides eye care to eligible seniors 65 and older and those at increased risk for eye disease. To confirm if you are eligible aao.org/eyecareamerica

Medicare provides an annual dilated eye exam for Medicare beneficiaries over 65 at high risk for glaucoma. Those eligible for this service are people with diabetes, family history of glaucoma, or African Americans over 50. To learn more, call **800.633.4227**.

For ophthalmologist-reviewed information about eye diseases and treatments, eye health news, and tools to locate an ophthalmologist, visit:

aao.org/eyesmart