

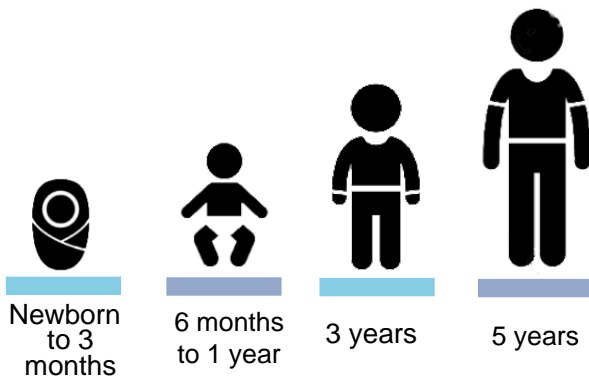
The Importance of Regular Eye Exams

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Eye exams are one of the best ways to protect your vision because it can detect eye problems at their earliest stage when they are most treatable. Regardless of age or physical health, it is important for everyone to have regular eye examinations.

Children 5 Years and Younger

Screening for eye disease should be conducted at:



Adults

If you don't wear glasses or contacts, have no symptoms of eye trouble, don't have a family history of eye disease and you don't have a chronic disease, such as diabetes, that puts you at risk of eye disease, have an eye exam at the following intervals:

- Ages 20 - 29:** one examination
- Ages 30 - 39:** two examinations
- Ages 40 - 65:** examination every 2-4 years
- Ages 65 plus:** examination every 1-2 years

If you do wear glasses or contacts, you'll need to have your eyes checked yearly. And if you notice any problems with your vision, schedule an appointment with your eye doctor as soon as possible. Blurred vision, for example, may suggest you need a prescription change. A sudden increase in the number of floaters (dark circles darting through your vision) could suggest vision-threatening changes to your retina.

Remember to get regular eye exams!