



Healthy Eyes are the  
Essence of a Healthy Life.

# Baby Boomer's Checklist for Healthy Vision

An eye examination provides doctors of optometry with information about the health of the eyes, and also offers indications about an individual's overall health. In some cases, diseases that affect the whole body, like diabetes and hypertension, can be detected with an eye exam. In the case of glaucoma, vision damage and blindness may occur without ever experiencing any symptoms.

The Baby Boomer's Checklist for Healthy Vision offers a variety of visual symptoms and scenarios when being able to see well is especially important. Check **yes** to the questions that apply to your vision.

- Are you:** **Yes**
- Someone with diabetes, hypertension, or any other systemic or chronic disease?
  - At risk for certain systemic or eye diseases because of family history or other factors?
  - Having more difficulty reading smaller type, such as books and newspapers?
  - Experiencing frequent headaches after working on a computer?
  - Doing a great deal of reading and other close work?
  - Rubbing your eyes frequently or having tired or burning eyes?
  - Losing track of a person or objects in your peripheral (side) vision?
  - Avoiding close work?
  - Having difficulty driving at night?
  - Experiencing frequent near misses, accidents, or difficulty parking with driving?
  - Handling or using chemicals, power tools or lawn and garden equipment?

Playing eye-hazardous sports like racquetball, softball, or tennis?

Experiencing difficulty with eye-hand-body-coordination?

Playing sports and having trouble judging distances between you, the ball, or other objects?

If you checked **yes** to any question on the checklist, or you have not seen your doctor of optometry in over a year, be sure to schedule an appointment for a comprehensive eye examination.

Your eyesight and eye health deserve to be protected and monitored. Even if you didn't check yes, keep in mind that symptoms of vision problems aren't always apparent. Regular, comprehensive eye exams by a doctor of optometry can help you be certain that your eyes are functioning properly and are healthy.

The American Optometric Association recommends visiting your doctor of optometry on the following schedule (*more often if specific problems or risk factors exist.*) Individuals who currently wear contacts or glasses should have their eyes checked once a year.

Age Group:	Frequency:
6 months – 18 years	At six months, 3 years old, before starting school, then every two years
18 years – 40 years	Every 2 years
41 years – 60 years	Every 2 years
61 years & older	Every year

March is National Save Your Vision Month.  
[www.aoa.org](http://www.aoa.org)

