

Bathroom Briefs

Your line to good health!

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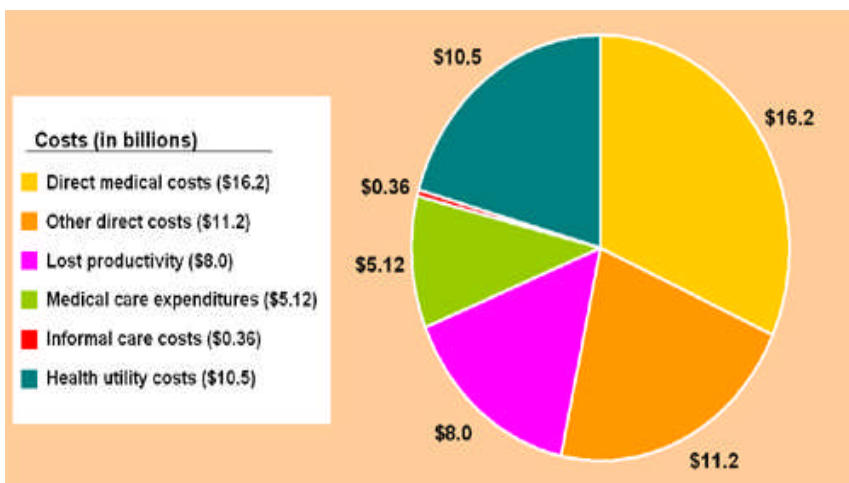
Keep Your Eyes Healthy!

Vision health is an important public health concern because vision loss is associated with falls, depression, social isolation, and overall poorer health. Quality of life may be comprised because people with vision loss may have difficulties with activities such as reading, meal preparation, and driving a car.

Regular eye exams are important for good eye health as well as overall health. A comprehensive dilated eye exam is a painless procedure in which an eye care professional examines the eyes to look for common vision problems and eye diseases, many of which have no early warning signs. Early detection, timely treatment, and appropriate follow-up may prevent vision loss and blindness.

Economic Impact of Vision Loss in the United States — Total \$51 Billion

Source: May 2, 2011 @ <http://www.cdc.gov/visionhealth/index.htm>



Eye Health Across Lifespan Infancy and Childhood (0 -18)



In the United States, the most prevalent disabling childhood conditions are vision disorders including amblyopia, strabismus, and significant refractive errors. Early detection increases the likelihood of effective treatment; however, less than 15% of all preschool children receive an eye exam, and less than 22%

of preschool children receive some type of vision screening. Vision screening for children scored on par with breast cancer screening for women. Other eye diseases affecting this age group include retinopathy of prematurity (ROP), congenital defects, diabetic retinopathy (DR), and cancers such as retinoblastoma.

Adults Younger Than Age 40

Vision impairments in people younger than age 40 are mainly caused by refractive errors, which affect 25% of children and adolescents, and accidental eye injury. Approximately 1 million eye injuries occur each year, and 90% of these injuries are preventable. More than half (52%) of all patients treated for eye injuries are between ages 18 and 45 and almost 30% of those are 30–40 years.



Adults Older Than Age 40

American adults aged 40 years and older are at greatest risk for eye diseases; as a result, extensive population-based study data are available for this age group. The major eye diseases among people aged 40 years and older are cataract, diabetic retinopathy, glaucoma, and age-related macular degeneration.



Common Eye Disorders

The leading causes of blindness and low vision in the United States are primarily age-related eye diseases such as age-related macular degeneration, cataract, diabetic retinopathy, and glaucoma. Other common eye disorders include amblyopia and Strabismus.

Tips to help you protect your vision:

- Get a comprehensive dilated eye exam
- Know your family's eye health history
- Eat right to protect your sight, particularly dark leafy greens such as spinach, kale, or collard greens and fish high in omega-3 fatty acids
- Maintain a healthy weight
- Wear protective eyewear when playing sports or doing activities around the home
- Quit smoking or never start
- Wear sunglasses that block out 99 to 100 percent of both UV-A and UV-B radiation
- Clean your hands and your contact lenses properly to avoid the risk of infection
- Practice workplace eye safety
- Give your eyes a rest