

**National**

# EYE EXAM

**Month**

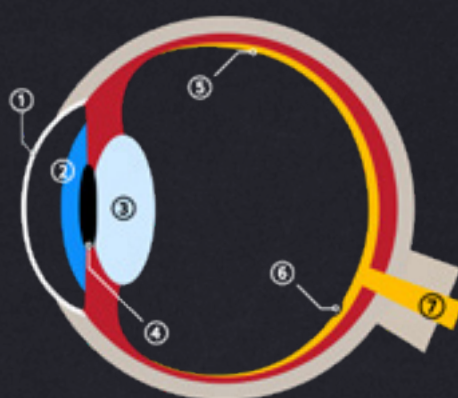
## OVERVIEW<sup>1</sup>

**6.8%**

of children in the US have a diagnosed eye and vision condition.

**2000**

US Workers suffer job-related eye injuries that require medical treatment every day.



### EYEBALL ANATOMY<sup>2</sup>

- 1. Cornea** - Clear portion that focuses light.
- 2. Iris** - Colored part of the eye, controls pupil
- 3. Pupil** - Made by Iris, lets light in
- 4. Lens** - changes shape to help eye focus
- 5. Retina** - Light-sensitive tissue
- 6. Macula** - part of retina, gives detailed central vision
- 7. Optic Nerve** - connects eye to the brain.

**8.2 million** people in the US have vision impairment due to an uncorrected refractive error.

**93 Million**

US Adults are at risk for serious vision loss. Only half visited an eye doctor in the past year

## DISORDERS & DISEASES<sup>3</sup>



### AMD (AGE-RELATED MACULAR DEGENERATION)<sup>4</sup>

Damage to sharp & central vision, typically caused by aging. **There are two types of AMD: Dry** - the Macula thins overtime due to aging, damaging vision, & **Wet** - abnormal blood vessels grow under & damage macula.

**11 Million** Americans 40 & older are affected.

#### RISK FACTORS

- Family History
- Caucasian
- Smoking



Happens very slowly for some and faster in others. You may not notice vision loss for a long time.

#### SYMPTOMS

- **Early:** doesn't have any early symptoms
- **Intermediate:** Mild blurriness in central vision & or trouble seeing in low lighting
- **Late:** Straight lines look wavy or crooked.

#### DIAGNOSIS & TREATMENT

- **Diagnosed:** Dilated Eye Exam
- **Treatment:** N/A, managed via dietary supplements



### CATARACTS<sup>5</sup>

Clouding of the eye's lens and leading to gradual vision loss. Typically occurs due to aging but can happen at any time.

**20 Million** Americans 40 & older are affected.

#### RISK FACTORS

- Eye injury or Damage
- Family History
- Taking Steroids.
- Smoking or Drinking
- Certain Health conditions

Treatment is widely available, but inaccessible to some due to **financial concerns, ignorance, or other barriers.**



#### SYMPTOMS

- Blurry / Double Vision
- Colors that seem faded
- Sensitivity to light
- Trouble seeing at night

#### DIAGNOSIS & TREATMENT

- **Diagnosed:** Dilated Eye Exam
- **Treatment:** Surgery



### DR (DIABETIC RETINOPATHY)<sup>6</sup>

Progressive damage to the blood vessels of the retina, the light-sensitive tissue at the back of the eye. Anyone with diabetes (type 1, 2 or gestational diabetes) can develop DR.

**4.1 Million** Americans 40 & older are affected.

#### RISK FACTORS

- Having Diabetes (Any type)
- Women who become pregnant or develop Gestational Diabetes

Leading cause of blindness among U.S. working-aged adults aged 20-74 years.



#### SYMPTOMS

- **Early:** doesn't have any early symptoms
- **Intermediate:** Reading trouble that comes & goes.
- **Late:** Seeing dark, floating spots or streaks that look like cobwebs.

#### DIAGNOSIS & TREATMENT

- **Diagnosed:** Dilated Eye Exam
- **Treatment:** Injections, Laser Treatment, Surgery



### GLAUCOMA<sup>7</sup>

Group of diseases that cause increased pressure in the eyes, damaging the optic nerve. **Two major categories: Open Angle** - progresses slowly, hard to detect & **Closed Angle** - Rapid & painful onset, progresses quickly but usually treated before serious damage is done.

**3.4 Million** Americans 40 & older are affected.

#### RISK FACTORS

- Are over age 60
- African American or LatinX
- Family History

**Closed Angle Glaucoma** progresses faster, but damage is usually minimal as patient's go to the doctor for the pain.



#### SYMPTOMS

- **Open Angle:** Gradual, possibly undetectable loss of peripheral & central vision until later stages.
- **Closed Angle:** Rapid onset of Intense eye pain, nausea, red eyes, &/or blurred vision.

#### DIAGNOSIS & TREATMENT

- **Diagnosed:** Dilated Eye Exam
- **Treatment:** Medication, Laser Treatment, Surgery



### REFRACTIVE ERRORS<sup>8</sup>

Refractive errors are a type of vision problem that makes it hard to see clearly. They happen when the shape of your eye keeps light from focusing correctly on your retina.

**150 Million** Americans 40 & older are affected.

#### RISK FACTORS

- Family History

- **NEARSIGHTED** - Blurry Far-away.
- **FARSIGHTED** - Blurry Close-up.
- **ASTIGMATISM** - Everything looks Blurry (near or far).

#### SYMPTOMS

- Double or Hazy vision
- Seeing a glare or halo around bright lights
- Squinting, Headaches, Eye strain
- Trouble focusing when reading or looking at a computer

#### DIAGNOSIS & TREATMENT

- **Diagnosed:** Comprehensive Eye Exam
- **Treatment:** Corrective Lenses, Surgery

## KEEP YOURSELF HEALTHY<sup>9</sup>



#### Eat a Healthy Diet

Pick healthy foods, especially dark leafy greens (spinach, kale, etc.) & fish high in omega-3s.



#### Protect Your Eyes

Wear protective eye wear when necessary or sunglasses that protect your eyes UV-A & UV-B radiation.



#### Healthy Weight

Maintaining a healthy weight can lower your risk for diabetes, which can contribute to many eye conditions.



#### Blood Sugar Levels

Diabetics are at risk for many eye conditions. By managing blood sugar, you can mitigate your risk.



#### Don't Smoke.

Quit or never start smoking. Smoking is bad for your eyes as it is for the rest of your body.



#### Regular Eye Exams

Many common eye diseases have no early symptoms. A dilated eye exam is the only way to detect them in their early stages.

## RESOURCES & SOURCES:

1. <https://bit.ly/3CX0I90> - NIH: Vision Health - Fast Facts
2. <https://bit.ly/2W3ujwI> - AAO.org: Anatomy of the Eye
3. <https://bit.ly/3xY0Z7V> - CDC: Vision Health Basics
4. <https://bit.ly/3qdKvT6> - NIH: AMD
5. <https://bit.ly/37WrUGt> - NIH: Cataracts
6. <https://bit.ly/3xYL9d5> - NIH: DR
7. <https://bit.ly/37TT54R> - NIH: Glaucoma
8. <https://bit.ly/3sr0oKR> - NIH: Refractive Errors
9. <https://bit.ly/3misQgP> - CDC: Vision Health Tips