

## May is Healthy Vision Month

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## The Health Exam You Didn't Know You Needed

If you're like most Americans surveyed in a recent Harris Poll, you probably thought you would notice a change in your vision if you had an eye disease.

The fact is some of the leading causes of blindness—such as glaucoma or diabetic retinopathy—can begin without any symptoms. That's why The Eye Centers of Northwest Ohio and the American Academy of Ophthalmology urge all healthy adults to get an eye exam at age 40, even if their vision seems fine. Early signs of disease and changes in vision may start to happen at this age.

"Even if you think you have 20/20 vision, set up a time to get your eyes checked. It may save your sight.



**You Can Prevent Vision Loss**

**2/3** of American adults falsely believe vision loss is inevitable as you age

Need more motivation to have your eyes examined? Here are four good reasons to see an eye doctor:

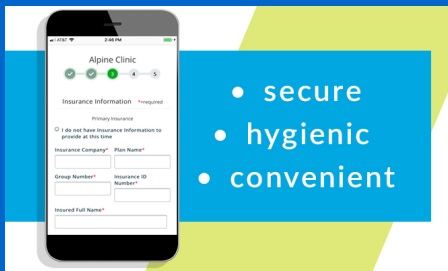
1. Your brain adapts to vision loss, making some eye diseases go unnoticed until it is too late. Once vision is lost, it cannot be restored. Eye Doctors can spot eye disease before vision is compromised and protect your sight.
2. Seeing an eye doctor can improve not just your eye health, but your overall health. Because the blood vessels

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Courtesy: The American Academy of Ophthalmology  
[www.aao.org/](http://www.aao.org/)

and nerves in your eye are reflective of the rest of your body, eye doctors are sometimes the first to diagnose diseases such as diabetes, multiple sclerosis, or vitamin deficiencies.

3. Your eye health is dependent on different factors, including family history, ethnicity, age, and overall health. An eye doctor can help evaluate your personal risk factors and recommend the best steps for disease prevention.
4. Eye disease is also a looming problem for the U.S. healthcare system. As our population ages, the number of people afflicted with vision loss is expected to double by 2050.

### Top 5 Ways to Protect Your Vision as you age

You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease

- **Eat a healthy diet**, including leafy greens such as spinach or kale, and maintain a healthy weight
- **Wear sunglasses** that block out 99% to 100% of UVA UVB rays
- **Quit smoking** or don't start
- Get regular **eye exams**
- Know your family's **eye health history**

For more information, please check out our website:  
<https://www.eyecentersofnwo.com/adult-eye-disorders>  
and previous newsletters:  
<https://www.eyecentersofnwo.com/newsletters>

## Coming June 2022 - 50% of Sunglass Frames

