

## May is Healthy Vision Month

### In This Issue

- Healthy Vision
- 5 Steps to Lower your Risk of Eye Disease

### Contact Us

2311 W. Hayes Ave,  
Fremont  
Ohio 43420  
(419) 334 8121

622 Parkway Drive,  
Fostoria  
Ohio 44830  
(419) 435 3482

[www.eyecentersofnwo.com](http://www.eyecentersofnwo.com)

[info@eyecentersofnwo.com](mailto:info@eyecentersofnwo.com)

## Healthy Vision

By age 65, one in three Americans will have a vision-impairing eye disease. Many sight-robbing conditions can be effectively treated if detected early enough, in many cases limiting or eliminating the damage to eyesight. During the month of May, the Eye Centers of Northwest Ohio joins the American Academy of Ophthalmology in sharing valuable information about how to take care of your vision.

Four eye diseases — age-related macular degeneration (AMD), diabetic retinopathy, glaucoma and cataracts — account for most cases of adult blindness and low vision among people in developed countries. Because these eye diseases cause no pain and often have no early symptoms, they do not automatically prompt people to seek medical care. But a thorough checkup by an eye doctor can detect them in their earliest stages. Early treatment is vital because it can slow or halt disease progression or, in the case of cataracts, restore normal vision.



**You Can Prevent Vision Loss**

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

The graphic features three stylized human head icons in a row, each with a small orange shape above the eye area, representing vision. The background is a gradient of purple and blue.

A thorough eye exam can also detect other health conditions, such as stroke, cardiovascular disease, diabetes, high blood pressure, autoimmune diseases, sexually transmitted diseases and some cancers. It's not uncommon for a trip to the eye doctor to actually save a life.

## 5 Steps to Lower your Risk of Eye Disease

We urge you to follow these five simple steps to take control of your eye health today:

No Vision Insurance, No Problem, Join our Membership Program today!

[www.eyecentersofnwo.com/members-portal](http://www.eyecentersofnwo.com/members-portal)



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

- **Get a comprehensive medical eye exam at age 40.** Early signs of disease or changes in vision may begin at this age. An exam is an opportunity to carefully examine the eye for diseases and conditions that may have no symptoms in the early stages. For those concerned about the cost don't be, we have put in place a Membership Plan for you to spread the cost.
- **Know your family history.** Certain eye diseases can be inherited. If you have a close relative with macular degeneration, you have a 50 percent chance of developing this condition. A family history of glaucoma increases your glaucoma risk by four to nine times. Talk to family members about their eye conditions. It can help you and your eye doctor evaluate your risk.
- **Eat healthy foods.** A diet low in fat and rich in fruits, vegetables, and whole grains, benefits the entire body, including the eyes. Eye-healthy food choices include citrus fruits, vegetable oils, nuts, whole grains, dark green leafy vegetables and cold water fish.
- **Stop smoking.** Smoking increases the risk for eye diseases such as cataract and age-related macular degeneration. Smoking also raises the risk for cardiovascular diseases which can indirectly influence your eye health. Tobacco smoke, including second-hand smoke, also worsens dry eye.
- **Wear sunglasses.** Exposure to ultraviolet UV light raises the risk of eye diseases, including cataract, fleshy growths on the eye and cancer. Always wear a hat and sunglasses with 100 percent UV protection while outdoors.

**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>

