



VisionBlueSM

What do your eyes say about your health?

Annual eye exams reveal so much more than vision correction needs. They actually detect early signs of all kinds of diseases and health conditions – from high blood pressure and high cholesterol to glaucoma and diabetes. A few minutes at the eye doctor can open up tremendous insights into:

High blood pressure

During a comprehensive eye examination, your eye doctor checks for the many changes in the retina resulting from high blood pressure, a condition known as hypertensive retinopathy.

Glaucoma

This condition develops when increased fluid pressure in the eyes damages the nerve fibers in the optic nerve and retina – and it can eventually mean a total loss of vision. If it's detected and treated early, glaucoma's progression can be slowed or even stopped.

Thyroid eye disease

Thyroid eye disease, also called Graves' eye disease, is the

manifestation of hyperthyroidism on and around the structures of the eyes. An annual eye exam can help with early detection and treatment.

Heart conditions

The eye is one of the only areas of the body where doctors have an unobstructed view of blood vessels. A comprehensive eye examination may reveal the first signs of serious heart conditions, including high blood pressure—before symptoms show up elsewhere in the body.

Diabetic retinopathy

Because its initial symptoms are very slight or even unnoticeable, diabetic retinopathy often goes undiagnosed until it's too late.

However, when your eye doctor dilates your eyes, he or she can check your blood vessels for signs of damage and early diagnosis.

Your eyes say a whole lot about you. Make sure to get an eye exam every year so that you're staying on top of your health and vision to get the most out of life.

Learn more about taking care of your eyes at eyesiteonwellness.com

