

# It's All Connected

A comprehensive eye exam can do more than test your vision – it could help save your life. A number of potentially life threatening health conditions can be detected through a comprehensive eye exam.



## DIABETES (PANCREAS)

Optometrists can sometimes see indicators in the eyes, before the disease is formally diagnosed, or help detect signs of poor management.

**20%**

of diabetes cases may remain undiagnosed

## THYROID DISEASE (THYROID GLAND)

Changes such as bulging eyes can indicate thyroid disease – which affects 200 million people globally.

**1/10**

Canadians suffer from a thyroid condition

## TUMOURS (THE BRAIN)

An eye exam includes tests of peripheral vision and eye muscle function that can be the first line of detection for a brain tumour.

**27**

Canadians are diagnosed with a brain tumour every day

## HIGH BLOOD PRESSURE (THE HEART)

Examining blood vessels in the retina at the back of the eye can help identify risks for stroke or heart attack—before they occur.

**1/5**

Canadian adults have high blood pressure

## How often should you have an eye exam?

### CHILDREN

First one at 6-9 months & again at 2-5 yrs, annually thereafter

### ADULTS

Every two years

### OVER 65

Annually



Book an eye exam with your doctor of optometry today.

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