

eyewise

SAVE YOUR SIGHT.
SEE AN OPTOMETRIST.

GetEyeWise.com



Why your Eye Health and Vision Care Should be a Public Health Priority

- 80% of learning is visual. If your child can't see, they can't perform to their full potential.
- One in four school-aged children has an undetected vision issue. Are you one of the 61% of parents who mistakenly believe they'd know if their child had a vision issue?
- Vision issues double the mortality rate, triple the risk of depression and quadruple the risk of hip fractures among the elderly. Is your Mom or Dad at risk?
- First Nations citizens with diabetes are 25 times more likely to experience vision loss and blindness than other populations. Doesn't this figure suggest a need for enhanced access to prevention and vision health services?

When Canada signed the World Health Organization's VISION 2020, it agreed to eliminate the main causes of all preventable and treatable blindness as a public health issue by the year 2020.

IT'S 2019. WHAT ARE WE WAITING FOR?

Join the Canadian Association of Optometrists' efforts to advocate that eye health be treated as a core component of overall health, supported by eye health promotion and disease prevention programs.

GET EYEWISE AND TAKE CONTROL OF YOUR EYE HEALTH:



Learn about your eyes and your family's eye health and vision history.



Have a regular comprehensive eye examination with your Optometrist, your primary eye care professional.



Wear glasses with UV protection when outside.



Wear appropriate eye protection when playing sports or doing chores around your home and yard.



Eat healthy, exercise and don't smoke.



CANADIAN ASSOCIATION OF OPTOMETRISTS
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

CAO National Office

234 Argyle Ave. Ottawa, ON K2P 1B9
Phone: 613-235-7924 Toll Free: 888-263-4676
info@opto.ca