

Healthy Vision Checklist

HOW TO HELP YOUR VISION LAST A LIFETIME

Get Annual Eye Exams

CHILDREN:
EVERY YEAR



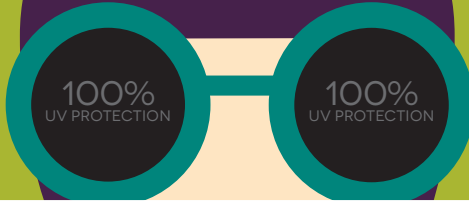
ADULTS:
EVERY 1 TO 2 YEARS

75%

of vision loss is treatable or preventable if caught early.

Wear Sunglasses

Sunglasses protect against serious eye conditions caused by UV exposure.



Don't Smoke

Smoking increases the likelihood of:

CATARACTS
OPTIC NERVE DAMAGE
MACULAR DEGENERATION



and smokers are up to more likely to go

4X BLIND in old age

Avoid Common Sources of Eye Injury

720,000 Canadians have a medical eye injury each year.



44%
OF INJURIES OCCUR AT HOME

16%
AT WORK

14%
AT SCHOOL OR OTHER

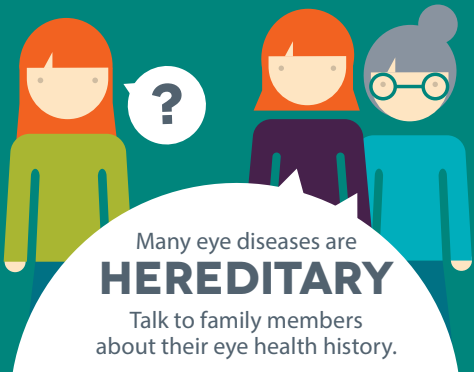
15%
DURING SPORTS + RECREATION

11%
ON THE ROAD

Common sources of eye injury in the home:

- Home renovations
- Household cleaning products
- Makeup applicators
- Poorly fit contact lenses
- Fingernails
- Misused contact lenses

Know Your History

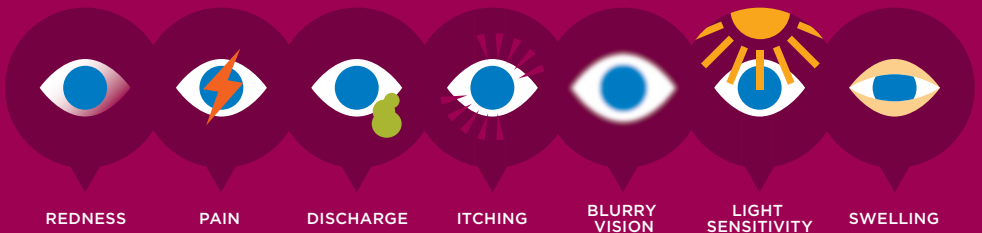


Many eye diseases are **HEREDITARY**

Talk to family members about their eye health history.

Take Eye Infections Seriously

Symptoms can include:



REDNESS

PAIN

DISCHARGE

ITCHING

BLURRY VISION

LIGHT SENSITIVITY

SWELLING

CAUTION!

If you suspect an eye infection, visit your Doctor of Optometry immediately. Delaying treatment could lead to vision loss.

Have An Eye Doctor Who Knows You

Having a Doctor of Optometry who knows you and the history of your eyes helps ensure you get the right care at the right time. Use this space to record your Doctor of Optometry's contact information:

NAME:

PHONE:



CANADIAN ASSOCIATION OF OPTOMETRISTS
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

Need a Doctor of Optometry?
Find one near you at opto.ca