

## **Make a comprehensive eye exam part of your spring tune up!**

**OTTAWA, May 1, 2019** – May is Vision Health Month, a perfect time for Canadians to get a comprehensive eye exam to ensure optimal eye health and vision care for themselves and those they love.

As primary eye care experts, Canada's more than 6,000 registered optometrists are uniquely positioned to deliver cost effective early detection, prevention and treatment of eye diseases and disorders.

An estimated 5.6 million Canadians are living with one of the four major eye diseases that can cause blindness and yet 75% of vision loss can be treated or prevented. The eye's small nerves and blood vessels, delicate structures, and close proximity to your brain, makes it possible for an optometrist to see a great deal about both your eye and overall health. One of the least invasive steps you can take to protect your overall health, the comprehensive eye exam can help an optometrist identify underlying health conditions, including early warning signs of conditions such as hypertension, high cholesterol, vascular disease, thyroid disease, brain tumors and diabetes.

"Canadians shouldn't be comfortable with the myth of 20/20 vision meaning good eye health", says Dr. Michael Dennis, President of the Canadian Association of Optometrists. "You can have 20/20 vision and also have an eye disease. An optometrist evaluates a number of factors that determine your vision and eye health and then makes recommendations for treatment."

The Canadian Association of Optometrists calls on all Canadians to "Get Eyewise" and have their eyes examined regularly. To find an optometrist near you, please visit our [Find-A-Doc](#).

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### **About the Canadian Association of Optometrists**

The Canadian Association of Optometrists (CAO) is the national voice of optometry, dedicated to collaboratively advancing the highest standard of primary eye care through the promotion of optimal vision and eye health. For more information, go to [opto.ca](http://opto.ca).

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