



<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>	<u>STATISTICS / RISK REDUCTION</u>
<p>Status of your eyes:</p>	<p>You should have regular eye exams every 1-2 years depending on your medical condition and recommendations made by your doctor. That could be your Optometrist (doctors trained in the diagnosis, treatment of eye disease and vision problems) or Ophthalmologist (doctors trained in the diagnosis and treatment of vision problems, eye disease and eye surgery). You may need eye exams more frequently (as recommended by your doctor) if you have headaches, tired eyes, squinting, need glasses for impaired vision at an early age, family history of vision problems, reading or learning difficulties. More frequent eye exams may be necessary if you have diabetes, hypertension, family history of diabetes or hypertension, family history of cataract or glaucoma, are taking medications that may have side effects affecting the eyes, or have a job that may increase your risk of damage to the eyes.</p> <p>My last eye evaluation was on _____</p> <p>_____</p> <p>_____</p>	<p>The American Academy of Ophthalmology recommends one eye exam if you are between 20-29 years old; 2 eye exams between ages 30-39; eye exams every 2-4 years between ages 40-64; and eye exams every 1-2 years if you are 65 or older. However you may need more frequent eye exams depending on your medical condition.</p> <p>The American Optometric Association recommends eye exams every 2 years if you are between ages 41-60; yearly eye exams if you are 61 years and older. However, if you have additional risk factors i.e. diabetes, hypertension, family history of diabetes or hypertension, family history of cataract or glaucoma, are in a visually demanding job or job that may be hazardous to your eyes, are taking medications that may have side effects affecting the eyes, have reading or learning difficulties, headache, squinting, tired eyes, need glasses for near-sightedness at an early age, or a family history of refractive error, you may need more frequent eye examinations.</p> <p>(<a href="http://www.eyetopics.com/articles/19/1/When-To-Have-An-Eye-Exam.html">http://www.eyetopics.com/articles/19/1/When-To-Have-An-Eye-Exam.html</a>)</p>	<p>According to the Vision Council of America (VICA):</p> <ul style="list-style-type: none"> <li>Over 10 million Americans are affected by computer vision syndrome (a variety of vision problems associated with computer use).</li> <li>86 million Americans above the age of 40 have vision problems.</li> <li>Older drivers with vision impairment have 200% greater likelihood of being involved in an auto accident.</li> <li>In 2004, there were an estimated 45,083 individuals with blindness, 269,236 with low vision, and 314,319 with visual impairment globally.</li> </ul> <p>(Global Magnitude of Visual Impairment Caused by Uncorrected Refractive errors in 2004. Serge Resnikoss, et al. Bulletin of the World Health Organization: January 2008, 86 (1); 63-70 <a href="http://www.who.int/bulletin/volumes/86/1/07-041210.pdf">http://www.who.int/bulletin/volumes/86/1/07-041210.pdf</a>)</p> <ul style="list-style-type: none"> <li>Based on the 2000 US Census, there were an estimated 937,000 Americans older than 40 years old with blindness.</li> <li>2.4 million Americans had low vision.</li> <li>The number of individuals with blindness in the United States is expected to increase to 1.6 million by 2020.</li> </ul> <p>(Causes and Prevalence of Visual Impairment Among Adults in the United States. Arch Ophthalmol 2004; 122: 477-485 <a href="http://archophth.ama-assn.org/cgi/content/abstract/122/4/477">http://archophth.ama-assn.org/cgi/content/abstract/122/4/477</a>)</p>