

Asian eyes

WHAT TO EXPECT

ASIAN AMERICANS ARE AT HIGHER RISK for many serious eye and overall health issues

Just 41% of Asian Americans visited their eye doctor within the past year

FIND OUT HOW TO PROTECT YOUR VISION FOR THE FUTURE

Transiti@ns
CULTURAL CONNECTIONS™

See your best



Get Regular Eye Exams

Even if you aren't having trouble with your vision, it's important to visit your eye doctor regularly. Your eyecare professional can uncover problems before symptoms occur — and can even provide early detection of serious health issues, such as diabetes, high blood pressure and certain cancers.

Ask About Lens Options

Talk to your eyecare professional about lens options that can enhance your vision today and keep your eyes healthy for a lifetime.

- Anti-reflective coatings reduce reflections that can make it hard for you to see clearly and comfortably.
- Transitions® lenses darken and adapt in changing outdoor lighting conditions — helping to optimize your vision by reducing glare, eyestrain and fatigue. They also block 100 percent of UV rays, helping to protect your long-term eye health.
- Impact-resistant lens materials — like polycarbonate and Trivex® — can help protect you from sports-related eye injuries.

Recognize the Signs

Trouble seeing, headaches, eyestrain, fatigue, watery/uncomfortable eyes and excessive blinking may be signs that you need vision correction.



WHAT'S HAPPENING TO THE EYE?

Early in Life

Childhood is a crucial time in the development of the eyes. Vision problems, such as trouble seeing up close or far away, can lead to poor grades, frustration and even physical complaints such as headaches.

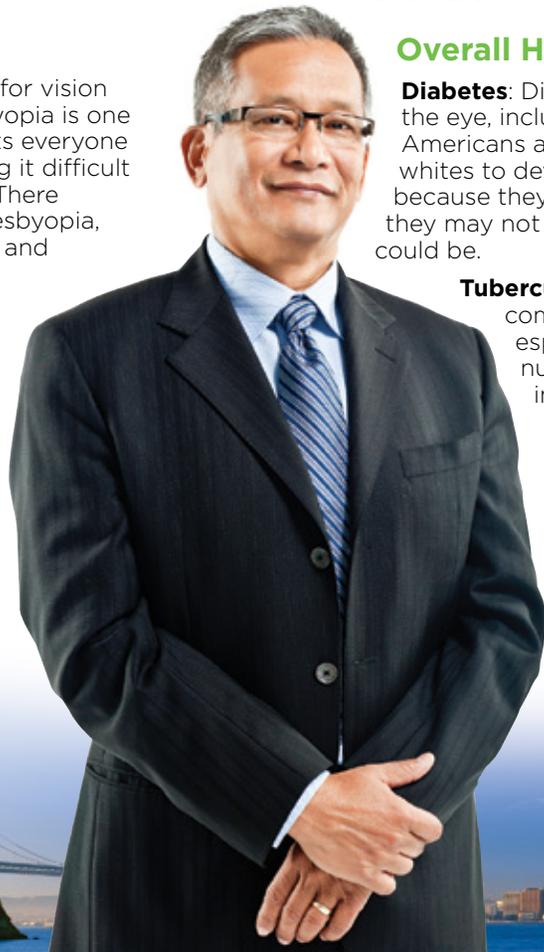
Children are also outside more than adults, and their eyes are more vulnerable to damage from UV rays — which can lead to serious eye health issues later in life. Eyewear to correct and protect vision is important for kids of all ages, whether they're inside working on a computer or outside playing sports.

Mid Life

As you get older, your risk for vision problems increases. Presbyopia is one problem that usually affects everyone by the age of 40 by making it difficult to focus on close objects. There are options for treating presbyopia, including bifocals, trifocals and progressive lenses.

Later in Life

People over the age of 60 have a higher risk for serious, sight-threatening eye conditions — like cataracts, glaucoma and macular degeneration. Loss or deterioration of eyesight can impact your safety and independence. Vision problems can make daily activities (like driving) difficult, and leisure time less enjoyable.



FOCUS ON ASIANS: EYE AND OVERALL HEALTH ISSUES

Asian Americans are at higher risk for many serious eye and overall health issues.

Eye Health Issues

Glaucoma: Asian Americans are more likely to develop angle-closure glaucoma, a rapid pressure increase in the eye which, if untreated, can lead to blindness.

Myopia: Nearsightedness, or trouble seeing far away, affects up to 80 percent of Asian Americans.

Overall Health Issues

Diabetes: Diabetes can lead to problems in the eye, including diabetic retinopathy. Asian Americans are more likely than non-Hispanic whites to develop type 2 diabetes — but because they are less likely to be overweight, they may not be diagnosed as early as they could be.

Tuberculosis: TB is 13 times more common among Asian populations, especially women. It can lead to numerous complications in the eye, including ocular tuberculosis.

DID YOU KNOW
certain health problems — like diabetes — are visible in the eye, even before symptoms occur? For this reason, the eye doctor is often the first health professional to detect serious health problems.



PROTECT YOUR FAMILY'S VISION

Healthy vision begins with regular eye exams. Talk to your eyecare professional to find out how often you should schedule a comprehensive exam for yourself and your family.

Focus on Yourself

It is easy to become busy with work or life responsibilities — but don't forget to make time for an eye appointment. Even if you aren't experiencing vision problems today, your eye doctor can help prevent future problems and recommend the best eyewear to meet your everyday needs.

Focus on Your Kids

Vision screenings identify only 5 percent of vision problems — and a routine pediatrician visit does not replace a comprehensive eye exam. Asian-American children are less likely to get their vision checked — but a Center for Disease Control study reveals kids who do see an eyecare professional are more likely to be diagnosed with myopia. Schedule regular eye exams for your kids — especially before school.

Focus on Senior Family Members

Your older relatives are at higher risk for eye diseases and vision problems. Make sure they are receiving regular, comprehensive eye exams to detect potential problems and prevent vision loss before it's too late.



TALK TO YOUR EYECARE PROFESSIONAL

Many of the things you do every day can affect your vision.

- Your lifestyle, including sports and activities
- Overall health issues or family history
- Prescription and over-the-counter medications, including vitamins and herbal supplements

Ask About Bilingual and In-Language Resources

Tell your eyecare professional if you or any of your family members feel more comfortable speaking in another language. Ask about available bilingual and in-language resources, including a Mandarin version of this brochure.

To learn more about the Transitions® family of products, visit **www.Transitions.com**.

