

African American eyes

WHAT TO EXPECT

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

Just **37%** of African Americans visited their eye doctor within the past year

FIND OUT HOW TO PROTECT YOUR VISION FOR THE FUTURE



Transitions
CULTURAL CONNECTIONS™

See your best



Get Regular Eye Exams

Even if you aren't having trouble with your vision, it's important to get regular, comprehensive eye exams. Your eyecare professional can uncover problems before symptoms occur — and can even provide early detection of serious health problems, 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 annoying reflections that can make it difficult 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 (61+)

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 AFRICAN AMERICANS: EYE AND OVERALL HEALTH ISSUES

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Eye Health Issues

Cataract: Cataract is the clouding of the eye's lens. African Americans are 1.5 times more at risk for cataract than the general population, and five times more likely to develop blindness.

Glaucoma: African Americans are five times more likely than non-Hispanic whites to develop glaucoma, and four times more likely to suffer blindness.

Overall Health Issues

Diabetes: Diabetes can lead to problems in the eye, including diabetic retinopathy. African Americans are twice as likely to be diagnosed with diabetes — and to die from related complications.

Hypertension: High blood pressure can impact eyesight and lead to eye disease. African Americans are significantly more likely to have high blood pressure — yet less likely to have it under control.

HIV/AIDS: Trending upward in the African-American population, HIV and AIDS can lead to retinal detachment and blindness.

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 take time out of your hectic schedule to make 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 possible vision problems — and a routine pediatrician visit should not replace a comprehensive eye exam. Even if your children are not complaining of vision problems, they may need vision correction to help them perform better in school and in extracurricular activities.

Focus on Senior Family Members

Your older relatives are at higher risk for developing eye diseases and other vision issues. 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 special lens options that adapt to your lifestyle needs — enhancing your vision today and protecting it for a lifetime.

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

