

Adult eyes

WHAT TO EXPECT

HALF OF ALL VISION LOSS CAN BE PREVENTED with regular eye care

Less than half of Americans have had an eye exam 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

Your eyecare professional can recommend special lens options to help you see your best today, and protect your eyes for tomorrow.

- 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 can help protect your eyes from sports-related injuries.
- Progressive lenses, bifocals and trifocals can help correct age-related issues, like presbyopia.

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 Adulthood (18-34)

Good vision is important for good performance — at work, while playing sports and at home. Even if you're seeing 20/20, you may not be seeing your best. Your eyecare professional can recommend the right eyewear options to help optimize and protect your vision.

Mid Life (35-60)

As you get older, you will be at higher risk for vision problems. Presbyopia is one problem that usually affects everyone by the age of 40 — even those who have never experienced vision issues. Presbyopia can make 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 cataract, glaucoma and macular degeneration. Loss or deterioration of eyesight can impact your safety and independence. Vision problems can make daily activities (like driving) more difficult or less enjoyable.



KNOW YOUR RISKS

Talk to your eyecare professional to find out if you're at risk.

Eye Health Issues

Cataract is the leading cause of blindness and occurs when the lens of the eye becomes cloudy. It is more common with age and among women. By age 80, more than half of Americans will have cataract. Family history, ethnicity, smoking and sun exposure are other risk factors.

Glaucoma is the second leading cause of blindness. People with glaucoma gradually lose their peripheral (side) vision. Symptoms can range from blurred vision and headaches, to none at all. Age, family history and ethnicity can increase risk.

Age-Related Macular Degeneration (AMD) painlessly destroys sharp, central vision. It is the leading cause of blindness among Caucasian Americans 40+, and is more common among women. Family history, obesity, smoking and sun exposure are also risk factors.

Presbyopia affects virtually everyone over 40. It makes reading and seeing up-close difficult, and can be treated with the right eyewear.

Overall Health Issues

Diabetes can lead to serious problems in the eye, including diabetic retinopathy, cataract, glaucoma and AMD. 90% of severe vision loss caused by diabetic retinopathy can be prevented with proper eye care.

Hypertension, or high blood pressure, affects 1 in 3 Americans. It can contribute to serious vision problems, often without symptoms.



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 and routine pediatrician visits should not replace a comprehensive eye exam. Even if your kids are not complaining of vision problems, they may not be seeing their best — and may need the right eyewear to help them perform better in school, in sports and at home. 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 scheduling regular eye exams to detect 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**.

Transitions
CULTURAL
 **CONNECTIONS™**