

Glaucoma Awareness Month



Insurance Company, Inc.

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms – that’s why half of people with glaucoma don’t know they have it.

The only way to check for glaucoma is to get a comprehensive dilated eye exam. There’s no cure for glaucoma, but early treatment can often stop it from damaging people’s vision.

Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Hispanic/Latino
- Have a family history of glaucoma

People at higher risk for glaucoma are encouraged to make a New Year’s resolution to take care of their eye health by getting a dilated eye exam. Source: National Eye Institute

5 Reasons For Your Annual Eye Exam

An annual eye checkup is a simple, low-stress way to keep tabs on your eye and overall health. Here are a few things your optometrist will be looking for:

Glaucoma

Glaucoma has been called, “the silent thief of sight” because too often, it goes unnoticed before too much damage is done to save vision. It’s caused by too much pressure in the eyes.

Cataracts

Cataracts are a nearly unavoidable part of aging. Over time, the lens in the eyes can get cloudy and yellow. But, updated eyewear prescriptions can often delay surgery, which is easy and low-risk.

Diabetic Retinopathy

This affects diabetic patients and can rob sight. The tiny blood vessels in the eye that feed the retina become damaged and allow fluids to seep into the eye. Treatment includes changes in diet and exercise, and also surgery.

Refractive Errors

Vision usually changes and worsens with age. A yearly checkup will help keep vision sharp with updated eyewear prescriptions.

Age-Related Macular Degeneration (AMD)

This is the leading cause of blindness among older adults but, early detection and treatment can slow its progress significantly. There are a couple different types of AMD. The type determines the treatment – ranging from laser surgery, medication or dietary supplements to slow the disorder.

Given all these advantages, it makes good sense to keep that yearly appointment with the optometrist! Need to find an optometrist near you? Search the Care N’ Care (HMO/PPO) online provider directory (<https://www.cnchealthplan.com/find-a-provider/>) for an Optometry specialist near you, or call your Customer Experience Team.



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