



Great American Eye Test For Seniors

Take this simple **yes or no** test. If you answer “yes” to more than one question, or you have not seen your optometrist in over a year, it’s probably time to schedule an appointment.

Do you:

	Yes	No
Have tired or burning eyes, or have eyes that seem drier than usual	<input type="checkbox"/>	<input type="checkbox"/>
Rub your eyes frequently	<input type="checkbox"/>	<input type="checkbox"/>
Have more difficulty reading smaller type, such as books and newspapers.	<input type="checkbox"/>	<input type="checkbox"/>
Avoid close work	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty seeing at night.	<input type="checkbox"/>	<input type="checkbox"/>
Have frequent near misses or experience difficulty parking when driving.	<input type="checkbox"/>	<input type="checkbox"/>
Notice that the lighting in the room seems insufficient.	<input type="checkbox"/>	<input type="checkbox"/>
Experience frequent headaches after working on a computer	<input type="checkbox"/>	<input type="checkbox"/>
Have ‘spots and floaters’ that interfere with your vision.	<input type="checkbox"/>	<input type="checkbox"/>
Notice that objects are distorted, or straight lines appear wavy or crooked.	<input type="checkbox"/>	<input type="checkbox"/>
Notice a decrease in peripheral vision, or have increased sensitivity to glare	<input type="checkbox"/>	<input type="checkbox"/>
Have diabetes and have not had a dilated eye exam in more than a year.	<input type="checkbox"/>	<input type="checkbox"/>
Play eye-hazardous sports like tennis.	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty seeing the golf ball down the fairway	<input type="checkbox"/>	<input type="checkbox"/>
Lose track of a person in your peripheral (side) vision	<input type="checkbox"/>	<input type="checkbox"/>

Your eyesight and eye health deserve to be protected and monitored. And, even if you answered “no” to these questions, keep in mind that symptoms of vision problems aren’t always apparent. Regular eye exams by a doctor of optometry can help you be certain that your eyes are functioning properly and are healthy. Since vision changes can sometimes occur without you noticing them, you should visit the optometrist every two years if you are between the ages of 41 and 60, and annually if you are 61 years and older, or more frequently, if specific problems or risk factors exist.

March is
National
Save
Your
Vision
Month

