

Spring starts in March.
Don't miss it.

Great American Eye Test For Women

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 |
|--|--------------------------|--------------------------|
| Wear makeup, or have allergic reactions to eye makeup. | <input type="checkbox"/> | <input type="checkbox"/> |
| Smoke. | <input type="checkbox"/> | <input type="checkbox"/> |
| Experience frequent headaches after working on a computer | <input type="checkbox"/> | <input type="checkbox"/> |
| Have tired or burning eyes | <input type="checkbox"/> | <input type="checkbox"/> |
| Rub your eyes frequently | <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"/> |
| Notice changes in your vision if you are using oral contraceptives or entering menopause | <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"/> |
| Handle household cleaning chemicals, or use lawn and garden equipment. | <input type="checkbox"/> | <input type="checkbox"/> |
| Play eye-hazardous sports like tennis. | <input type="checkbox"/> | <input type="checkbox"/> |
| Have difficulty seeing your child play soccer at the far end of the field | <input type="checkbox"/> | <input type="checkbox"/> |
| Lose track of a person in your peripheral (side) vision | <input type="checkbox"/> | <input type="checkbox"/> |
| Have trouble judging the distance between yourself, the ball, or other objects. | <input type="checkbox"/> | <input type="checkbox"/> |
| React too slowly to the ball. | <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 to three years if you are between the ages of 18 and 40, every two years from age 41 to 60, and every year if age 61 and older, or more frequently, if specific problems or risk factors exist.

March is
National
Save
Your
Vision
Month

