

Health and Wellness Tip of the Week - Week 34

Monthly Topic

August is Healthy Vision & Eye Care Month. It's the perfect time to remind employees about the importance of caring for your eyes.

August 24, 2015

Keeping An Eye On Your Health

Besides revealing vision changes that may need to be monitored or corrected, a vision exam can be a real eye opener when it comes to your health. Your physician or eye specialist can detect signs of early illness by examining the condition of blood vessels, veins and arteries in your eyes as well as uncoordinated or involuntary eye movements. Diseases and conditions that can show early signs in your eyes include:

- 👁️ Hypertension
- 👁️ Diabetes
- 👁️ Stroke risk
- 👁️ High cholesterol
- 👁️ Multiple Sclerosis

It's also important to watch for eye diseases such as cataracts, glaucoma or macular degeneration, which tend to occur more frequently in people as they get older. If you don't wear glasses or contact lenses, and have no eye trouble or risk factors for eye disease, the following eye exam schedule is recommended:

- 👁️ At least once between ages 20 and 39
- 👁️ Every two to four years between ages 40 and 64
- 👁️ Every one to two years beginning at age 65

If you have certain health problems or a family history of eye disease, check with your physician or eye specialist to determine the appropriate screening schedule for you.

Source: www.bcbstx.com



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8630