

# Health & Wellness Tip of the Week

**Week 34**  
**August 21, 2017**

## August is all about Healthy Vision & Eye Care

It is the perfect time to remind everyone about the importance of keeping your vision healthy and taking proper care of your eyes.



### Focusing In On Laser Eye Surgery

Having better vision without corrective aids may sound appealing. To achieve just this, many people have chosen laser eye surgery to improve their eyesight.

Before you go this route, make sure you completely understand the process and results.

- 👁️ The surgery cannot be reversed.
- 👁️ Although the procedure may improve your eyesight, it may not give you perfect vision.
- 👁️ The American Academy of Ophthalmology reports that nine out of 10 patients achieve somewhere between 20/20 and 20/40 vision.
- 👁️ Many people need reading glasses by their mid-40s, even after having the surgery. If you're nearsighted and don't yet need reading glasses, having the surgery may mean you'll need reading glasses sooner than if you had not had the surgery.
- 👁️ The benefits may decrease over time and require "retreatment".

*Sources: Federal Trade Commission*

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