

SEEING THE DANGERS AROUND YOU

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According to the American Optometric Association everyone should see an eye doctor at least every 3 years. Many people should see their eye doctors more often. Factors such as age, eye health and family health history determine how often one should have a complete eye exam.

I feel this is a good time to paint a picture of what not taking care of your vision can lead to:

A fall with injury due to not being able to see the hazards around you in your home or yard.

An auto accident due to not being able to judge the distance between automobiles.

An auto accident due to not being able to see at night.

A pedestrian accident where you hit someone because you did not see them.

Taking the wrong medication because you could not read the small print on your bottle.

Giving your grandchild too much medication because you could not read the small print on the bottle.

Not being able to see can affect more than just your vision, and more than just you. Others could be harmed by the actions you took due to your poor vision. Keep in mind that not taking care of your vision can take away your independence.