



A MINUTE OF HEALTH WITH CDC

Keep an Eye on Your Vision

Healthy Vision Month — United States, 2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

If words in the newspaper are getting a little blurry or you're having trouble reading a billboard, chances are you need to have your eyes examined. Your problem may be corrected with glasses or contact lenses, but you might have a more serious condition. While the aging process often results in less than 20/20 vision, eye diseases such as diabetic retinopathy, cataracts, glaucoma, and age-related macular degeneration can cause vision loss and even blindness. Early detection and timely treatment can delay progression and improve your vision. Schedule an eye exam soon and make it a regular part of your healthcare routine.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.