



A MINUTE OF HEALTH WITH CDC

Seeing Straight

Healthy Vision Month — May 2012

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This program is presented by the Centers for Disease Control and Prevention.

Many people don't have their eyes checked until they are having trouble seeing. As a result, millions of Americans have undiagnosed problems with their eyes.

Impaired vision can impact daily activities, such as reading, driving, and cooking and inhibit a person's ability to exercise regularly. In addition, inability to see properly increases the risk for falls and injuries and overall poor health.

Early detection and treatment of eye problems can prevent or delay impaired vision. Getting regular dilated eye exams can help ensure healthy vision for a lifetime.

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.