



A MINUTE OF HEALTH WITH CDC

Keep an Eye on Your Eyes

Healthy Vision Month – May 2013

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

If you struggle to read the pages of a book or a billboard on the side of the road, you might be among the millions of Americans who suffer from impaired vision. Problems seeing can impact many daily activities, from reading and driving a car to preparing a meal and exercising. Vision loss can also increase the risk for fall-related injuries and depression.

Early detection and treatment are important for maintaining or improving vision, and a regular dilated-eye exam can help discover or prevent eye disease.

If you haven't had your vision checked recently, contact an eye care professional soon for an appointment.

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.