



A MINUTE OF HEALTH WITH CDC

Seeing Clearly

Healthy Vision Month, May 2014

Recorded: May 6, 2014; posted: May 8, 2014

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

Vision impairment affects over 20 million Americans and is associated with difficulty reading, poor school performance, and problems driving. It also increases the risk for falls and depression and affects overall quality of life.

Early detection and timely treatment are the best ways to keep eyes healthy.

Children should have their first exam by age five. Adults over 65 should have their eyes examined at least once every two years. People with chronic conditions, such as diabetes or glaucoma, may need more frequent eye exams. Follow your health care provider's advice on how often you should have your eyes examined.

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

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.