

# Healthy Eyes, Healthy Life



While routine eye exams are crucial for maintaining clear sight, they aren't only for people experiencing poor vision.

Because our eyes are the only place in our bodies that provide a direct view of blood vessels, arteries, and cranial nerves, a comprehensive eye examination can provide clues regarding the presence of emerging health conditions such as diabetes, hypertension, high cholesterol, thyroid disease, some cancers and tumors, and autoimmune disorders—sometimes years before other symptoms appear.

**In fact, a comprehensive eye examination is often the first to indicate signs of chronic conditions,<sup>1</sup> such as:**

- Diabetes in **34%** of cases
- Hypertension in **39%** of cases
- High cholesterol in **62%** of cases

Additionally, 75% of Multiple Sclerosis patients are first diagnosed due to optic nerve inflammation<sup>1</sup> and approximately 25% of patients with rheumatoid arthritis have ocular manifestations.<sup>2</sup>

It's easy to see how important vision health and annual eye exams can be in maintaining overall health. Just as taking care of the eyes can help the body, taking care of the body can help the eyes.

Eating certain nutrients such as foods high in Vitamin C, Vitamin A, and lutein to keep our bodies healthy can also help reduce occurrence of certain eye diseases, including macular degeneration and cataract formation.<sup>3</sup>

---

1. American Academy of Family Physicians (AAFP) 2018

2. American Family Physician 2018

3. "Diet, Nutrition and Eye Health," American Optometric Association 2009 [https://www.aoa.org/documents/nutrition/Diet\\_Nutrition\\_Eye\\_Health\\_booklet.pdf](https://www.aoa.org/documents/nutrition/Diet_Nutrition_Eye_Health_booklet.pdf)