DavisVision By MetLife



November

Diabetic Eye Disease Awareness Month

Eye exams can lead to early detection of major health concerns

Your eyes serve as windows to the world, but they can also provide a glimpse into the overall health of your body. Regular eye exams can lead to the early detection, prevention, and treatment of many health issues. Below are three health conditions that can be detected by an eye exam.

Prediabetes
Before developing type two diabetes, people almost always have prediabetes. This is when a person's blood glucose levels are higher than normal, but not high enough for a diabetes diagnosis.

Early detection is key. Since blurred vision is one of the first signs of diabetes, your eye doctor may be the first health professional to see you while you are still in the prediabetic stage. If the issue is detected early, you can take steps to keep the disease from progressing.

Undiagnosed diabetes
Diabetes occurs when the body cannot produce enough insulin, resulting in high levels of glucose in the blood. Blurry vision can be one of the first signs of diabetes. However, diabetes can be spotted via an eye exam even before noticeable symptoms occur. People who are diagnosed early can more easily get their diabetes under control and save money on medical expenses.

Undiagnosed high blood pressure
Without intervention, high blood pressure – also known as hypertension – can have a serious impact on many areas of the body.

When it comes to the eye, hypertension can lead to bleeding, blurred vision, hypertensive retinopathy, and even blindness. Eye doctors can see signs of hypertension in the eye by observing the thickening of blood vessels.

For more information about vision conditions and to learn about their potential impact, visit Fit Fwd at **davisvision.com/fitfwd**. There, you'll find a wealth of materials that can help encourage a spirit of wellness.

Regular eye exams are important

Eye exams aren't just for correcting vision issues. They are also key in the early detection of systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

Learn more at versanthealth.com/blog

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