



## Revised Adult Eye Exam Recommendations

Did you know that 43 million American adults will face significant vision loss or blindness from age-related eye diseases? Many are treatable (even curable) if they are promptly diagnosed and treated.

It just so happens that the **American Academy of Ophthalmology (AAO)** has just revised its adult screening recommendations:

- Adults with no risk factors should get a baseline eye disease screening at age 40 - the time when early signs of disease and changes in vision may start to occur - and have follow-up screenings at regular intervals prescribed by an ophthalmologist. There is no universal formula (every 2 years, every 5 years, etc.) mandated.
- Those with symptoms or those at risk for eye disease at any age should see an ophthalmologist to determine how frequently their eyes should be examined. This specifically applies to those at-risk for glaucoma or with a family history of inherited eye disorders.

According to AAO these new recommendations do not replace regular visits to the ophthalmologist to treat ongoing disease or injuries, or vision examinations for eye glasses or contact lenses. Much like mammograms at 40 or colon screenings at 50, this new eye disease screening is a health care reminder to adults as they age that they need to be screened for possible eye diseases.

For most adults the process is automatic! Since most folks start noticing problems focusing at around age 40 they are likely to initiate that first visit.

**If you would like more information, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)**



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