

Health & Wellbeing  
**SEPTEMBER**  
**National Eye Health Week**  
24-30 September 2018

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## YOUR VISION MATTERS

Many people think that a sight test is just about checking whether your vision needs correcting with glasses or contact lenses, but there are other important reasons to have a regular sight test.

A sight test is a vital check on the health of the eyes and includes the detection of eye conditions such as:

- ❖ *Glaucoma*
- ❖ *Cataracts*
- ❖ *Age-related macular degeneration*
- ❖ *Diabetic retinopathy*

Regular eye tests, once every 2 years (unless advised otherwise by your optometrist, are essential for everyone.

Many of these, if found early, can be treated successfully avoiding potential sight loss. A sight test can also detect other health conditions such as high blood pressure or diabetes.

There has never been a better time to book an eye test than this National Eye Health Week.



To find your local optician go to: <https://www.nhs.uk/Service-Search>

To find out more information on what you can do to look after your eyes go to: <http://www.visionmatters.org.uk/looking-after-your-eyes/looking-after-your-eyes>