

## How to Save Your Sight

### Get Your Eyes Tested

- Have an eye test without delay if you experience any changes to your vision
- If you are over 40 have a regular eye test
- Have an eye test at least every two years if you:
  - have diabetes
  - are 75 years or older
  - have a family history of glaucoma or AMD
  - are of Aboriginal or Torres Strait Islander descent
- If you are under the care of an eye health professional, follow their advice

### Protect Your Eyes

- Wear sunglasses and sun hats whenever you are in the sun
- Quit smoking
- Wear eye protection at home and at work

### Use Low Vision Services

- If you have low vision, contact a local low vision centre for advice on services, equipment and training

## Save Your Sight – Get Tested

Visit your optometrist or ophthalmologist  
or speak to your doctor

[www.visioninitiative.org.au](http://www.visioninitiative.org.au)

# Can you afford to take your sight for granted?



## Prevention is better than cure

- Vision loss affects more than 500,000 Australians
- Have an eye test immediately if you experience vision changes. If you are over 40, regular eye tests will help detect any problems early and allow the best treatment.
- Eye tests are available from optometrists or by referral from your doctor to an ophthalmologist
- Don't wait for symptoms, Save Your Sight - Get Tested

## Did you know?

- The amount of vision impairment and blindness increases three times with every ten years after the age of 40 and the number of people with vision loss is expected to double by the year 2020
- Vision loss is linked to an increase in the risk of falls, hip fractures, depression and prevents healthy and independent ageing
- Regular eye tests can detect any developing problems and provide the best chance for treatment
- The good news is that 75 per cent of vision loss is preventable or treatable if eyes are given the proper care and attention they deserve
- If you have vision loss, low vision services are available to maximise your independence and quality of life

## Common eye conditions affecting Australians

**Age-related macular degeneration (AMD)** is a degenerative condition affecting the area of the eye responsible for the fine central vision. AMD affects two out of three people and leads to loss of vision for one in four. Treatment is available to help retain remaining vision for some people.

**Cataract** is a clouding of the lens of the eye. 180,000 people have cataract surgery per year.

**Diabetic eye disease** affects as many as one million Australians, but early diagnosis and treatment can prevent up to 98 per cent of severe vision loss.

**Glaucoma** is damage to the optic nerve causing peripheral vision loss often associated with increased pressure in the eye. Glaucoma affects over 200,000 Australians and leads to vision loss for one in ten. Glaucoma runs in families, early detection and treatment can prevent or delay vision loss.

**Refractive error** is a focusing defect of the eye. Undercorrected or uncorrected refractive error affects close to 300,000 Australians and is easily corrected with prescription glasses.