

AUGUST IS NATIONAL EYE EXAM MONTH

BALTIMORE, August 1, 2022 – August is National Eye Exam month; what better reason to recommend scheduling a comprehensive eye exam to your patients. Did you know over 61% of the population (or 177 million people in the United States) need some sort of vision correction? Moreover, 12.2 million Americans require some sort of vision correction but don't wear glasses or contact lenses. Nearly 50% of parents with children under age twelve have never taken their children to an eyecare professional.

Physicians can play a key role in encouraging their patients to schedule an eye exam. Here are five good reasons to motivate your patients to take action:

- **Avoid a headache.** Oftentimes an unexplained, constant headache can be the result of eye strain or an incorrect prescription – or worse. An eyecare professional can pinpoint the problem of your headaches.
- **Academic performance.** Did you know that one out of every four children has vision problems? A common reason children fall behind in school is poor, undetected vision. Taking your children to the ophthalmologist can detect an eyesight problem that could be undermining learning and reading proficiency.
- **Improve your vision.** Your eyes change over time. An ophthalmologist can determine if you need eyeglasses or contact lenses, or if you need a stronger prescription to reduce eyestrain and help you see better.
- **Detect health risks.** An eye exam can detect the early onset signs of diabetes, high blood pressure, thyroid disorders, high cholesterol, and other health risks. An OCT scan observes the health at the back of the eye, which can help detect diseases such as age-related macular degeneration, diabetic retinopathy, and glaucoma – to name a few.
- **Prevent eye conditions.** Many serious eye diseases often have no symptoms. An eyecare professional will see the early signs of diseases, such as macular degeneration or cataracts. Early detection is important to prevent serious damage.

Dr. Lawson Grumbine, an ophthalmologist and President of the *Maryland Society of Eye Physicians and Surgeons* (MSEPS), was quick to applaud MedChi's annual recognition of National Eye Exam month. "MedChi has always worked closely with MSEPS to raise

awareness about the importance of eye health and to ensure that access to eye care is accessible for all.”

About MedChi

MedChi, The Maryland State Medical Society is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.