

# Healthy Vision Checklist

HOW TO HELP YOUR VISION LAST A LIFETIME

## Get Annual Eye Exams

CHILDREN:  
EVERY  
YEAR



ADULTS:  
EVERY  
1 TO 2  
YEARS

**75%**

of vision loss is treatable or preventable if caught early.

## Wear Sunglasses

Sunglasses protect against serious eye conditions caused by UV exposure.

100%  
UV PROTECTION

100%  
UV PROTECTION

## Don't Smoke

Smoking increases the likelihood of:

**CATARACTS**  
**OPTIC NERVE DAMAGE**  
**MACULAR DEGENERATION**



and smokers are up to more likely to go

**4X BLIND** in old age

## Avoid Common Sources of Eye Injury

**720,000** Canadians have a medical eye injury each year.



**44%**  
OF INJURIES  
OCCUR AT HOME

Common sources of eye injury in the home:

- Home renovations
- Makeup applicators
- Fingernails

**16%**  
AT WORK

**14%**  
AT SCHOOL  
OR OTHER

**15%**  
DURING  
SPORTS +  
RECREATION

**11%**  
ON THE  
ROAD

- Household cleaning products
- Poorly fit contact lenses
- Misused contact lenses

## Know Your History



Many eye diseases are **HEREDITARY**

Talk to family members about their eye health history.

## Take Eye Infections Seriously

Symptoms can include:



REDNESS



PAIN



DISCHARGE



ITCHING



BLURRY  
VISION



LIGHT  
SENSITIVITY



SWELLING

**CAUTION!**

If you suspect an eye infection, visit your Doctor of Optometry immediately. Delaying treatment could lead to vision loss.

## Have An Eye Doctor Who Knows You

Having a Doctor of Optometry who knows you and the history of your eyes helps ensure you get the right care at the right time. Use this space to record your Doctor of Optometry's contact information:

NAME:

PHONE:



Need a Doctor of Optometry?  
Find one near you at [on.doctorsofoptometry.ca](http://on.doctorsofoptometry.ca)

**ON** DOCTORS OF OPTOMETRY