

Contact Lens and Vision stresses the importance of an annual eye exam

Joel Morrison November 07, 2013



Get your annual eye exam today!

Your eyes are always changing. That's why an annual eye exam is so important. Whether you need an updated prescription to achieve optimal vision or tests to catch an eye condition before it becomes serious, regular eye exams preserve a lifetime of vision.

See Your Optometrist At Least Once a Year To Preserve a Lifetime of Vision

The [New Jersey eye doctors](#) at Contact Lens and Vision have identified the following reasons to get an annual eye exam:

Silent Eye Diseases

Most [eye diseases](#) progress “silently.” Your annual eye exam can pick up early signs of potentially blinding eye conditions such as glaucoma, diabetic eye disease, cataracts or macular degeneration. The earlier a problem is detected, the greater the chance of successful treatment.

Early Health Alerts

Your eyes are often considered the window to your overall body health. By examining the blood vessels inside your eyes, your doctor can look for signs of high blood pressure, cardiovascular disease, prediabetes, [diabetes](#) and more. Signs for most of these diseases appear early in blood vessels before they appear in other parts of the body, which is why an eye exam can be an effective form of preventive care.

Learning Obstacles

An annual eye exam is especially important for children. Good eyesight is vital for their education. [In fact, it has been estimated that as much as 80% of all the learning a child does occurs through his or her eyes.](#) An eye exam can detect any vision problems that may be affecting school performance. It can also detect conditions such as “lazy eye” that should be treated during grade school or may unfortunately become irreversible.

Computer Eye Strain

Today, most people live on the Internet and work on computers. Focusing on a flat plane when your eyes are designed to focus in a three-dimensional world can negatively affect your eyes and eyesight. Staring at computer screens and mobile phones may cause a decrease in your blink rate, and in some cases, increase your nearsighted prescription. This can result in blurry vision and possibly dry-eye syndrome—causing fluctuating vision, foreign body

sensation and tearing. Your [New Jersey Optometrist](#) can offer tips on how to reduce eyestrain during computer use.

Aging-Related Issues

If you're a senior citizen, you may think that failing eyesight is a normal part of aging. That doesn't have to be the case. [Annual eye exams](#) can help prevent or treat problems such as glaucoma, cataracts, diabetic eye disease and macular degeneration early, helping to prevent blindness and significantly improving overall quality of life.

Schedule an Annual Eye Exam Today!

Call any of our 5 convenient locations listed below:

Contact Lens & Vision

Woodbridge Center Mall
161A Woodbridge Center Drive
Woodbridge, NJ 07095
732-855-7950

Contact Lens & Vision

Freehold Raceway Mall
3710 Route 9, Suite 1501
Freehold, NJ 07728
732-780-3000

Contact Lens & Vision

Brunswick Square Mall
755 Route 18 South
East Brunswick, NJ 08816
732-698-1898

Contact Lens & Vision

Menlo Park Mall
55 Parsonage Drive, Unit 501
Edison, NJ 08837
732-548-7337

Contact Lens & Vision

5403 Kings Plaza
Brooklyn, NY 12234
718-252-8333

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