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May is Vision Month

Dear editor:

May is Vision Health Month and according to CNIB research, Canadians are more afraid of losing their eyesight than almost anything else. Given that one in seven of us will develop a serious eye disease; it's a fear that's certainly not unfounded.

Fortunately, 75 per cent of vision loss can be prevented or treated and there are many things we can do to prevent blindness and vision loss.

The most important step is to get regular eye exams by a Doctor of Optometry.

The problem is that many Canadians aren't getting their eyes checked as often as they should because they think their eyesight and their eye health are the same thing. They're not.

20/20 vision and eye disease are not mutually exclusive. The reality is that many eye diseases have no symptoms in their early stages, so someone may not realize they have an eye disease until it's too late to get treatment that could save their sight. That's why it's crucial to have regular, comprehensive eye exams, regardless of how old you are.

In recognition of Vision Health Month, we recommend people take action for their eyes and book an eye exam today.

Dr. Keith Gordon

Vice President, Research, CNIB