

Talk to Your Doctor About **Eye Health**



With so many things to take care of, it can feel hard to prioritize your eye health. But taking care of your eyes now can help protect your vision. And the best thing you can do to improve your eye health is see an eye doctor for an eye exam.

You can use this guide to get ready to see your eye doctor and think about what questions you want to ask. Then you can bring the guide to your appointment and take notes about your conversation.

Black/African American people are at higher risk of eye diseases that can cause vision loss, like glaucoma and diabetic eye disease. So it's important to get your eyes checked. But factors like cost, time, or mistrust in the health care system can make it difficult to see an eye doctor and get treatment.



Why is it important to visit my eye doctor?

Some eye diseases have no early symptoms — so you may not know you have a problem until you start having vision loss. **But getting an eye exam from an eye doctor can help catch eye diseases early.** That way you can start treatment earlier and help prevent vision loss.



Learn more about protecting your vision:

nei.nih.gov/GetYourEyesChecked

..... How do I get ready for my appointment?



Eye exams are simple and painless — and you don't need to do much to get ready. But here are a few things you can do to get the most out of your appointment:

- Find an eye doctor that fits your specific needs: nei.nih.gov/FindADoctor
- Read up on what to expect during your eye exam: nei.nih.gov/DilatedEyeExam
- Explore options for paying for your appointment: nei.nih.gov/LowCostEyeCare
- Learn your family eye health history: nei.nih.gov/FamilyEyeHealthConvo

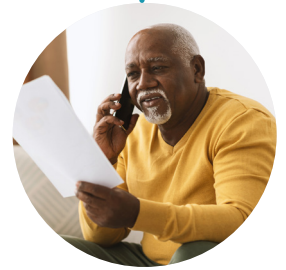
Get more tips for preparing for your appointment:

nei.nih.gov/TalkWithEyeDoctor



What are some questions for my doctor?

Talking to the eye doctor can feel stressful. It helps to have questions written down ahead of time. Below are a few questions to get started — and space to write down more.



Are my eyes healthy?

Do I need glasses or contact lenses? How can I get them?

Am I likely to get an eye disease or condition?

What should I look out for?

What else can I do to protect my vision?

When do I need to come back for another eye exam?



