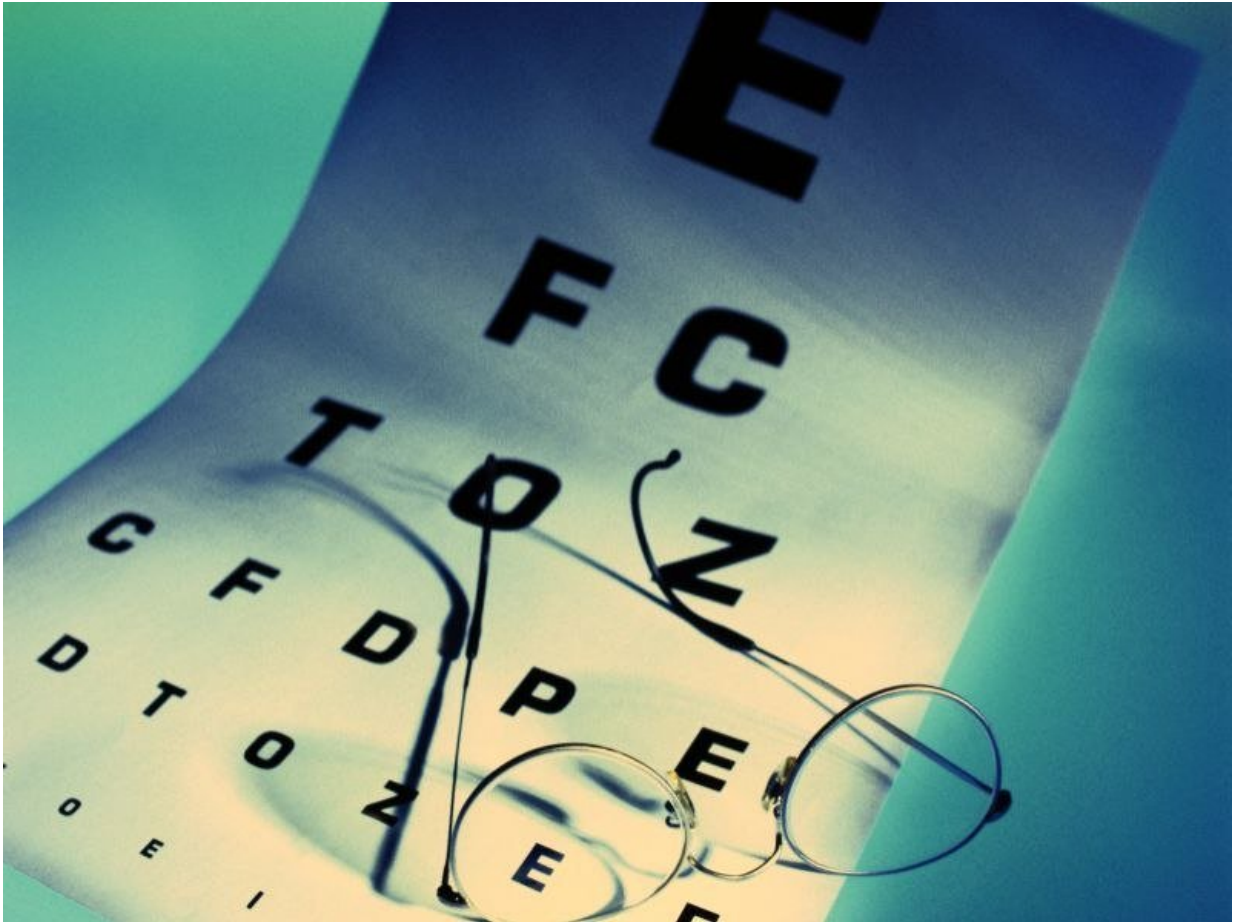


Seeing clearly

March 26 2018, by Julie Davis, Healthday Reporter



(HealthDay)—Many people don't think twice about their vision until there's a problem, but seeing an eye doctor should definitely be on your wellness radar at different stages of life.

Newborns should get a standard reflex test. If a baby is premature or at high risk for [vision](#) problems, schedule an exam with an eye specialist. Pediatricians should check eye health as part of wellness exams between 6 and 12 months, at age 3, and when a child is starting school.

Nearsightedness is the most common eye issue in school-aged kids and is corrected with glasses. Any problems should be properly diagnosed and treated by an eye doctor.

Younger adults with good vision and eye health should have one [eye exam](#) in their 20s, two in their 30s. A comprehensive exam includes [eye drops](#) to dilate the pupils so the doctor can see all parts of the eyes.

The 411 on adult vision visits:

- If you wear contact lenses, see your eye doctor every year.
- If you have diabetes or a family history of eye conditions, ask how often you need regular eye exams.
- See your eye doctor between scheduled visits for any infections, injuries, pain or unusual flashes or patterns of light.

Protect your vision with the right safety eyewear. Most [eye injuries](#) happen during everyday tasks like home repairs, yard work and cooking, and during recreational activities. Yet according to a survey from the American Academy of Ophthalmology, just 5 percent of people reporting eye injuries were wearing safety or sports glasses at the time.

Also practice two lifestyle habits for [eye health](#). Exercise regularly for good circulation and get needed sleep nightly to refresh your eyes after everyday exposure to common irritants like dust.

More information: The American Academy of Ophthalmology is a great source of eye health information, including [how to prevent eye](#)

[injuries](#) and other safety topics.

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