



Focusing on your health?

See what an eye
exam can show you





Normal



Diabetic

Diabetes is a leading cause of blindness in American adults. Many cases are first detected with an eye exam that finds blocked, swollen or burst blood vessels.¹



Normal



High cholesterol

Among other signs, whitened and hardened blood vessels can indicate high cholesterol, which means higher risk for heart attack, stroke, permanent vision damage and glaucoma.²



Normal

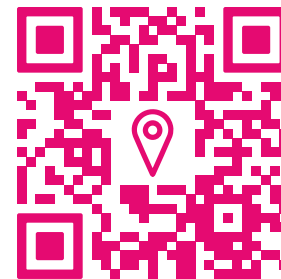


Hypertensive

Damaged, bent, kinked, torn, pinched or swollen blood vessels can be a sign of high blood pressure (hypertension), which increases the risk of heart attack and heart failure.³

Keep a close eye on serious diseases and conditions

Even if you don't wear glasses, a routine eye exam can tell you a lot. The eye is the only place on your body with a clear view of blood vessels.⁴ Eye doctors use specialized diagnostic equipment to look inside for signs of serious diseases and health conditions.



To locate an in-network eye doctor scan the QR code or visit eyemed.com

¹ "Diabetic Retinopathy"; National Eye Institute; nei.nih.gov; July 8, 2022. ² "Can Cholesterol Affect Your Eyes?"; Cleveland Clinic; myclevelandclinic.org; February 3, 2022. ³ "High blood pressure dangers: Hypertension's effects on your body"; Mayo Clinic; mayoclinic.org; January 14, 2022. ⁴ Mukamal, R.; "Early Signs of Heart Disease Appear in the Eyes"; American Academy of Ophthalmologists; aao.org; Reviewed April 27, 2022.

Your eyes deserve another look
A routine eye exam can tell a lot about your overall health

Find an eye doctor at eyemed.com

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These materials are designed to provide general information regarding healthcare topics, do not constitute professional advice nor establish any standard of care, and are provided without representations or warranties of any kind. Eye care professionals do not take the place of your physician. Eye exams are not a substitute for regular physical exams by your medical doctor. Your treating eye care and other healthcare professionals are solely responsible for diagnosis, treatment and medical advice. The eye care professional in your plan are independent practitioners who exercise independent professional judgment and over whom EyeMed has no control or right of control. They are not agents or employees of EyeMed.

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Keep a close eye on serious conditions like diabetes

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WHAT'S GOING ON



Normal



Diabetic

- As sugar builds up in the blood, tiny blood vessels in the retina are weakened and sometimes leak
- Vision can blur, but not always
- Usually affects both eyes equally at the same time

The link between vision and diabetes

Diabetic retinopathy, a serious eye condition, is a common complication of Type 1 or Type 2 diabetes

Diabetic retinopathy is the leading cause of blindness in working-age adults²



Diabetic retinopathy often shows up as red spots or smudges in your eye



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¹Mukamal, R.; "Early Signs of Heart Disease Appear in the Eyes"; American Academy of Ophthalmologists; aao.org; Reviewed April 27, 2022. ²"Common Eye Disorders and Diseases"; Centers for Disease Control and Prevention; cdc.gov; Reviewed August 23, 2023.

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Keep a close eye on serious conditions like high cholesterol

Even if you don't wear glasses, a routine eye exam can tell you a lot. The eye is the only place on your body with a clear view of blood vessels.¹ Eye doctors use specialized diagnostic equipment to look inside for signs of high cholesterol and other health problems.

WHAT'S GOING ON²



Normal



High cholesterol

- Yellow, fatty lumps and bumps around eyelids or the inner corner of your eyes
- A white or bluish ring near the outside of your cornea (the clear, front part)
- Blood vessels that are "whitened" and hardened
- Small pieces of plaque blocking arteries in your retina

The link between vision and high cholesterol

Cholesterol deposits on the eyelids can be a sign you're more at risk for heart disease²

Cholesterol blocking blood flow to your retina could cause permanent vision damage²

High cholesterol may mean a higher risk for developing glaucoma²



Cholesterol can show up in the eyes in several ways²



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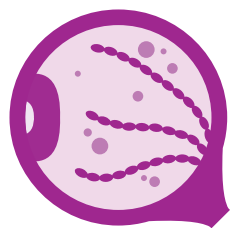
Keep a close eye on serious conditions like high blood pressure

Even if you don't wear glasses, a routine eye exam can tell you a lot. The eye is the only place on your body with a clear view of blood vessels.¹ Eye doctors use specialized diagnostic equipment to look inside for signs of high blood pressure and other health problems.

WHAT'S GOING ON^{2,3}



Normal



Hypertensive

- Damage to retinal blood vessels appears as flame or feathery shaped hemorrhages
- "Cotton-Wool Spots" are white areas of the retina that lack oxygen
- Leaking from inflamed retinal vessels shows up as yellow fluid

The link between vision and high blood pressure⁴

High blood pressure can damage blood vessels (retinopathy), leak fluid under the retina (choroidopathy) or even damage or kill the optic nerve

Swelling or burst blood vessels in the eye can be a sign that it's also happening in other parts of the body.



As pressure builds, the force becomes too great for tiny blood vessels



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¹ Mukamal, R.; "Early Signs of Heart Disease Appear in the Eyes"; American Academy of Ophthalmologists; aao.org; Reviewed April 27, 2022. ² Skondra, Dimitra.; "What can your eyes tell you about heart disease?"; University of Chicago Medicine; uchicagomedicine.org; February 8, 2022. ³ Bedinghaus, Troy.; "Hypertensive Retinopathy Symptoms and Treatment"; Verywell Health; verywellhealth.com; April 23, 2022. ⁴ "High blood pressure dangers: Hypertension's effects on your body"; Mayo Clinic; mayoclinic.org; January 14, 2022.

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