



Regular eye exams can help keep your eyes healthy.

For more information or to schedule an appointment, contact your Blue View Vision eye care provider.

Women and eye health

Why regular eye exams are important

Subtle changes in vision can make it difficult to notice when issues with eye health develop. With early detection, eye doctors can treat many conditions to help reduce vision loss. That is why it is important to go to an eye doctor regularly to have your vision checked.

This is especially true for women. Two-thirds of all people who have vision problems are women.¹ Having a baby can bring on certain issues that affect vision, while living longer puts women at a higher risk than men for age-related eye diseases.¹

Pregnancy-related eye conditions

- **Diabetes and high blood pressure.** There is an increased risk of developing these health problems during pregnancy. They can often be found during an eye exam before an OB-GYN would test for them.
- **Hormonal changes.** Increased hormone levels can affect your eyesight by causing dry eyes or blurred vision. Vision often returns to normal shortly after you give birth. If you're a mom-to-be, an eye doctor can help you keep your eyes healthy during your pregnancy.²

Eye conditions from aging

- **Age-related macular degeneration (AMD).** This is when the cells in the back of the eye begin to deteriorate as people become older. It can lead to poor vision and blind spots.
- **Diabetic retinopathy.** This happens in people who have diabetes because of changes in the blood vessels of the retina (the tissue that lines the back of the eye). It is the leading cause of blindness in American adults.³
- **Dry eye syndrome.** If your eyes don't make enough tears, you may have this condition. It can cause itching, burning, and a gritty feeling in the eyes.

¹ All About Vision: *What vision issues are unique to women?* (accessed April 2022): <https://www.allaboutvision.com/conditions/women-and-vision/>.

² WebMD: *Pregnancy and Vision* (accessed April 2022): www.webmd.com/eye-health/pregnancy-and-vision.

³ Centers for Disease Control and Prevention: *Common Eye Disorders and Diseases* (accessed April 2022): <https://www.cdc.gov/visionhealth/basics/ced/>.

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